

A Listening Ear

HELLO
my name is

Anxiety

According to the Anxiety and Depression Association of America, anxiety disorders affect more than 40 million adults throughout the United States. Naturally it goes without saying that many more are affected by anxiety while they may not meet all of the criteria for a disorder diagnosis. The fast-paced lifestyle and financial and social demands of western culture promote feelings of inadequacy or a lack of control, propelling many individuals into cognitive and behavioral patterns identified as anxiety.

In other words, if you find yourself experiencing occasional, or chronic anxiety, you are not alone. Anxiety affects all walks of life; wealth or celebrity status does not make one immune. For instance, Abraham Lincoln, Emily Dickenson, Barbara Streisand, Whoopi Goldberg, John Madden, and even Oprah Winfrey are known to

have experienced some form of anxiety.

Mild anxiety can often be relieved in simple ways. Deep breathing and regular exercise such as yoga and tai chi can help an individual gain peace and focus. Acceptance of the physiological effects of anxiety can help separate racing thoughts from pounding heartbeat, enabling an individual to think clearly, take rational action, and work through the anxious moment. Positive self-talk and visualization are also helpful.

For more debilitating and persistent anxiety, individuals should consult with their primary health care provider, a psychiatrist, or a professional counselor. Medication can support psychotherapy to develop healthy coping strategies to live a comfortable, happy, productive life.

Staff Spotlight *Ruth Kirzner,* *LPC*



Ruth is a Licensed Professional Counselor and the senior clinician at Daemion Counseling Center. In addition to working with individuals and couples, Ruth provides supervision to Master's level interns from local uni-

versities. She earned her Master's in counseling from Rosemont College. Ruth draws on Cognitive Behavioral Therapy and Imago Therapy for couples, and is currently pursuing training in trauma-informed therapies.

Services:

Individual Counseling

Women

Adolescents

Men

Couples Counseling

Groups

Drug & Alcohol

Evaluations

Anger Management

Evaluations

10- week Program

Depression

Anxiety

Relationship Issues

Effective Communication

Separation/ Divorce

Peer Relationships

Parenting Concerns

Academic

Underachievement

Grief and Loss

Identity Development

Self Esteem

Adjustment

Trauma

Coping Skills

Family Conflict

Career Counseling

Still a place to be heard after over 40 years! Daemion Counseling Center is a grass-roots, community-based mental health counseling center operating continuously since 1970 to serve individuals (ages 14 and older), couples, and families in the Philadelphia metropolitan area. We offer evidence-based practices for clinical mental health counseling, Drug and Alcohol Evaluations, and an individualized Anger Management program. Our professional staff works closely with each individual to develop and achieve client-initiated goals.

PTSD Awareness Month

The National Institute of Mental Health (NIMH) defines post-traumatic stress disorder (PTSD) as an anxiety disorder that some people develop after experiencing an event that threatened or caused serious harm or death. PTSD is often associated with combat veterans, however individuals who see, hear, or experience any traumatic event may develop PTSD. Example of such experiences include child sexual or physical abuse, a terrorist attack, sexual or physical assault, or a serious accident or natural disaster.

It's important to note that shortly after a traumatic experience, an individual may exhibit symptoms characteristic of this anxiety disorder but not all will develop PTSD. Symptoms include reliving the traumatic event, avoiding situations that remind you of the event, negative changes in beliefs or feelings (such as thinking negatively of oneself or no longer enjoying previously enjoyable activities), or feeling jittery or overly

alert. If you are wondering if you have PTSD, NIMH clarifies that if the symptoms last longer than four weeks, cause you great distress, or interfere with your work or home life, you might have PTSD. More information can be found at <http://www.nimh.nih.gov>. Additional information, a PTSD questionnaire screen, and the quick Self-Screen below can be found at <http://www.ptsd.va.gov/>.



Self-Screen for PTSD

Instructions: In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you:

1. Have had nightmares about it or thought about it when you did not want to?
2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?
3. Were constantly on guard, watchful, or easily startled?
4. Felt numb or detached from others, activities, or your surroundings?

If you answer "yes" to any three items, you should think about seeing a doctor for an assessment.

Daemion Counseling Center

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We accept the following insurance: Amerihealth, Health Partners Essential, Highmark Blue Shield, Independence Blue Cross (FEP), Keystone Health Plan East, Keystone Health Plan East Children's Health Insurance Plan (CHIP), KIDZPartners (CHIP members), Personal Choice.

Fast Fact:

People with an anxiety disorder are 3 to 5 times more likely to go to their doctor, and 6 times more likely to seek hospitalization for mental health care than individuals who do not experience anxiety.

Anxiety and Depression Association of America

Connection Call: What is the annual cost as a result of Anxiety Disorders? \$17 billion \$25 million \$25 billion \$42 billion

Call 610-647-1431 to find out, and we'll provide you with a free mental health tip.