

What is your anxiety treatment approach?

Our anxiety treatment is focused on reducing your anxiety symptoms and developing your confidence in facing fears and anxious feelings without avoidance or panic. We design treatment plans to specifically match your individual needs and symptoms with the goal of anxiety relief.

[Our approach](#) is primarily a cognitive-behavioral (CBT) one geared towards changing your relationship with anxiety from an enemy perspective to a more friendly form. Cognitive-behavioral treatment methods have been empirically shown to be the most effective in treating anxiety. Based on success at The April Center for Anxiety Attack Management - Los Angeles, this has been supported through experience.

The easiest, most straightforward description of cognitive-behavioral treatment is that it involves the use of many different tools, techniques and strategies to change how you think and respond when anxious.