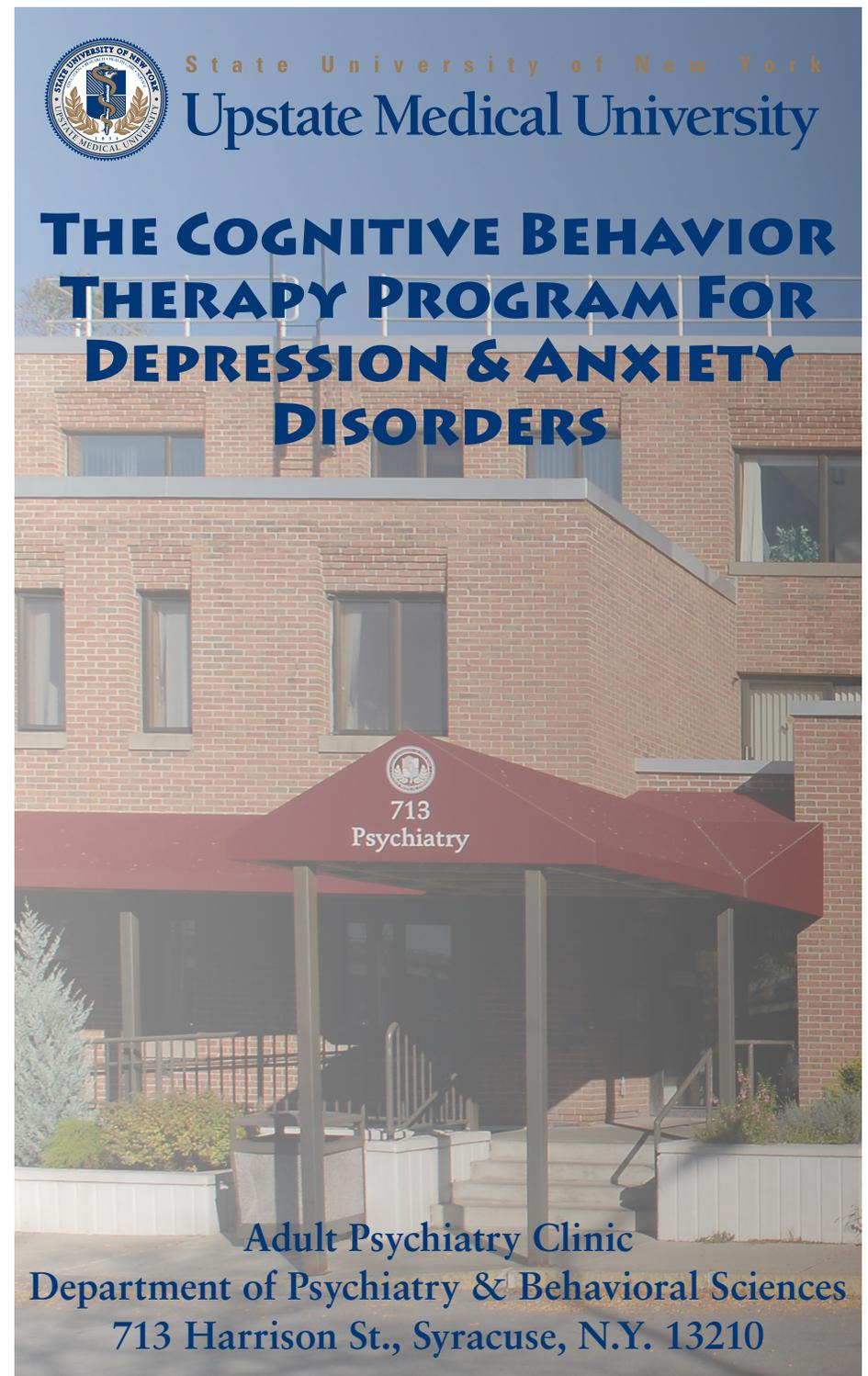




State University of New York

Upstate Medical University

THE COGNITIVE BEHAVIOR THERAPY PROGRAM FOR DEPRESSION & ANXIETY DISORDERS



For further information, to make a referral or to schedule an evaluation please contact:

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Depression

The most common sign of depression is “sad mood”. Other common symptoms include feelings of worthlessness, low self-esteem, hopelessness about the future, suicidal thoughts, fatigue, loss of energy, sleep difficulties & weight changes.

Anxiety Disorders

Individuals with anxiety disorders typically feel afraid, nervous and apprehensive that something bad or dangerous is going to happen. Very often individuals avoid situations that provoke fear, known as phobic situations. **There are several different anxiety disorders treated at our clinic, including:**

- **Panic Disorder** (with or without agoraphobia)

Individuals with this disorder experience panic attacks. Panic attacks are episodes of intense fear accompanied by physical symptoms such as dizziness, rapid heartbeat, chest pain, faintness, shortness of breath. Individuals often believe they are dying, going crazy, or will lose control during the attack.

Individuals with panic disorder may develop agoraphobia, which is the fear and/or avoidance of certain situations (e.g., elevators, trains, stores) where there is an expectation that a panic attack may occur.

- **Specific Phobia**

Individuals with this disorder experience irrational fear of a particular object or situation and avoid it. The most common phobias are fear of animals, flying, heights and closed spaces.

- **Social Phobia**

Individuals with this disorder experience an excessive, unreasonable fear during social situations, fearing that he or she may act in a way that will be humiliating or embarrassing. The individual tries to avoid such situations whenever possible.

- **Obsessive-Compulsive Disorder**

Individuals with this disorder experience recurrent obsessions (thoughts, ideas, images that are intrusive & senseless) and/or compulsions (repetitive behaviors performed in response to an obsession).

- **Post-Traumatic Stress Disorder**

Individuals with this disorder experience intense anxiety and emotional distress following a traumatic event, such as rape, assault, disasters or wartime combat. Physical symptoms such as restlessness, jumpiness and insomnia are common.

- **Generalized Anxiety Disorder**

Individuals with this disorder experience persistent worry. Other common symptoms include muscle aches, restlessness, fatigue, insomnia, abdominal distress, concentration problems, and irritability.

What is Cognitive Behavior Therapy?

Cognitive behavior therapy (CBT) is a structured, problem focused psychological treatment approach in which the therapist teaches specific **strategies** to improve the client’s well-being and overall functioning. Research has shown that CBT is an effective treatment, equal to or better than medications in many circumstances for a wide range of problems including depression and anxiety disorders.

A basic premise of CBT is that your thoughts and beliefs have the greatest impact on how you feel and behave. Anxiety and depression are seen as a result of **distorted thinking patterns** that determine the way a person interprets the events in his or her life. These learned, automatic thought patterns have a profound effect on how a person feels and behaves.

CBT aims to help clients **modify their thinking patterns**. Treatment focuses on helping clients adopt a realistic, more accurate perspective that affects emotions in a positive way.

CBT involves **developing new behaviors** and **unlearning old behaviors** that are maintaining anxiety or depression. **Strategies may include some of the following:**

- Confronting feared situations with goal of overcoming fears.
- Scheduling activities that provide mastery and pleasure.
- Developing skills to improve relationships, be assertive, speak effectively in public or get along with others.
- Learning to problem-solve or make effective decisions.
- Overcoming procrastination.
- Relaxation skills

Advantages of Cognitive Behavior Therapy

- Research-based with demonstrated effectiveness
- Short-term (12-15 sessions on average)
- Cost-effective (due to fewer sessions)
- Skill building focus reduces length of treatment and risk for relapse
- Lasting results!

Our Program

The CBT program for Depression and Anxiety is housed within The Adult Psychiatry Clinic in the Department of Psychiatry and Behavioral Sciences at SUNY Upstate Medical University. Treatment services are provided by psychiatrists, psychologists, social workers, nurse practitioners and advanced doctoral students and psychiatry residents who work under the supervision of licensed clinical supervisors.

Treatment options include:

- **Individual therapy** (weekly one-on-one sessions)
- **group therapy** (time-limited skills training groups)
- **virtual reality therapy** (with the use of computer-generated virtual environments individuals can learn to confront fear situations with the goal of reducing anxiety reactions. This treatment is available for specific fears such as fear of flying, fear of heights, fear of storms, and fear of public speaking)