

THE ANXIETY DISORDERS CENTER



THE
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HARTFORD HOSPITAL



Anxiety disorders affect millions of Americans and cause substantial suffering and disability. Individuals with anxiety disorders also utilize medical resources at a high rate. Fortunately, expert treatment is available at the Anxiety Disorders Center at The Institute of Living.

Expert Care for Anxiety

The Anxiety Disorders Center at the Institute of Living is nationally recognized for providing expert treatment of anxiety and related disorders. Since its founding by David Tolin, Ph.D., in 2000, the Anxiety Disorders Center has evolved into a center of excellence for research and clinical care.

The Anxiety Disorders Center provides treatment for children, adolescents, adults, and the elderly. The mission of the Anxiety Disorders Center is to:

- Provide state-of-the-art treatments with proven effectiveness
- Conduct meaningful research on the nature and treatment of anxiety
- Educate mental health professionals in research and treatment

Cognitive-Behavioral Therapy

Clinicians at the Anxiety Disorders Center specialize in Cognitive-Behavioral Therapy (CBT), a form of counseling that has been proven to be effective for many anxiety disorders. CBT is different from other kinds of psychotherapy. It is an active, time-limited form of treatment that aims to help people learn how to control their symptoms, feel less anxious, and improve their quality of life. During CBT clients will:

- Learn to gradually confront the things they fear in order to feel less afraid
- Develop healthier ways of coping with stressful situations
- Become aware of – and then change – the way they think in order to feel less anxious



Treatment Philosophy

Treatment at the Anxiety Disorders Center is a collaborative effort. Clinicians and clients work together to develop individualized treatment goals along with a plan to reach those goals. Sometimes the treatment plan will include holding sessions outside of the office – in the actual situations where anxiety is most intense.

This allows a unique opportunity for clients to face their fears with the compassionate support and guidance of their clinician before doing so on their own. Clients are active participants in the treatment process, and continue working on the treatment plan between sessions to maximize the impact on improving their daily lives. Periodic assessments are conducted to determine how well the plan is working, whether any adjustments are needed, and when treatment goals have been met.



Conditions Treated at the Anxiety Disorders Center

Obsessive-Compulsive Disorder (OCD) is anxiety from intrusive thoughts, images, or impulses called obsessions. Many people with obsessions will do things, called compulsions, to try to get rid of their obsessive thoughts and the distress they feel.

Compulsive Hoarding is saving and collecting of objects that causes so much clutter that it is difficult to use rooms in the home. It is often difficult for individuals to discard items due to excessive emotional attachments or fears that the items may be needed someday.

Generalized Anxiety Disorder (GAD) is excessive worry about a number of topics (e.g., work, health, relationships). The worry is difficult to stop and causes emotional distress and physical symptoms.

Panic Disorder is characterized by sudden anxiety attacks that happen “out of the blue” and include symptoms such as intense rush of fear, racing heart, shortness of breath, and fainting feelings. Many people will avoid situations that can trigger panic attacks; this avoidance is called agoraphobia.

Posttraumatic Stress Disorder (PTSD) can occur when someone witnesses or experiences a traumatic event. People with PTSD will later re-experience the event in some way (e.g., nightmares), avoid situations that remind them of the event, may have trouble sleeping or concentrating, and may startle easily.



Social Phobia is a fear of being criticized, evaluated, or embarrassed. Because of their extreme fears, people with social phobia often avoid situations such as giving speeches, attending parties, or dating.

Specific Phobias are exaggerated, irrational fears of specific things, places, activities, or situations. Common phobias include fear of flying, injections, heights, and animals.

Trichotillomania is repetitive hair pulling resulting in noticeable hair loss. The individual may experience intense urges to pull hair, or the hair pulling may occur as more of a habit when their attention is focused on something else, like watching TV.

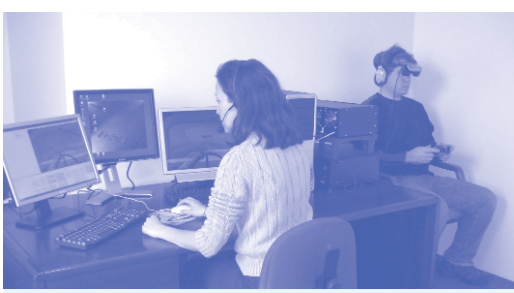
Body Dysmorphic Disorder (BDD) occurs when a person becomes preoccupied with the belief that some part of their body is unattractive or defective. Individuals with BDD will often spend a great deal of time checking their appearance and will go to great lengths to fix their appearance.

Hypochondriasis is an excessive fear that minor physical symptoms, like a headache, are symptoms of a serious illness, like a brain tumor. These fears persist even after medical tests have confirmed the person is healthy. Frequent doctor visits, checking of medical texts and websites, and reassurance seeking from family and friends are common in hypochondriasis.

Separation Anxiety Disorder is a fear, most often experienced by children and adolescents, that they or their loved one (usually a parent) will be harmed in some way while they are apart. These fears make it difficult for children and adolescents to do independent activities such as attending school and sleepovers.

School Refusal occurs when a child or adolescent refuses to attend classes or has difficulty remaining in school for an entire day. Children often refuse school due to strong feelings of anxiety, such as fears of separating from their parents or caregivers.





Outpatient Services

Individual Therapy

Individual treatment services are typically offered on a weekly basis and will last from approximately 10 to 20 sessions.

Group Therapy

Group treatment involves meeting with a clinician and several other clients with similar problems. Groups are offered on a weekly basis and participation will also last for approximately 10 to 20 sessions. Groups are also available for those who have completed active treatment in order to assist them with maintaining the life changes they have made during treatment. These maintenance groups are offered on a monthly basis.

Intensive (Daily) Therapy

Intensive individual CBT programs are available for the treatment of obsessive-compulsive disorder, panic disorder, specific phobias, and school refusal. During intensive treatment clients receive daily sessions lasting 1.5 to 2 hours. Our intensive treatments last for one week (5 sessions) in the panic disorder and specific phobia programs and three weeks (15 sessions) in the obsessive-compulsive disorder and school refusal programs.

Compulsive Hoarding Services

We also offer consultation services for individuals with compulsive hoarding and/or their families.

Virtual Reality Therapy

Virtual reality provides a way for individuals to face their fears in a simulated environment. The Anxiety Disorders Center has the unique capability to offer treatment using virtual reality for problems such as social phobia, fear of flying, fear of storms, fear of heights, and posttraumatic stress disorder related to 9/11, Vietnam, Afghanistan, and Iraq. Virtual reality may be incorporated into individual, group, or intensive outpatient treatment as needed.

Research in State-of-the Art Treatments

Research at the Anxiety Disorders Center aims to develop and test novel, state-of-the-art approaches for treating anxiety and related disorders. Researchers at the Anxiety Disorders Center have received research funding from both national sources and private foundations over the years to accomplish these goals. Many of our research programs offer cutting-edge approaches to treatment, such as combining CBT with new medications or using virtual reality technology. At times the Anxiety Disorders Center also participates in clinical trials testing new medications for the treatment of anxiety disorders. These research programs offer unique opportunities for clients to benefit from the most recent advances in treatment for anxiety. Research-based treatment services are usually provided at no cost to participants and compensation for time and travel may be available.



David F. Tolin, Ph.D., ABPP

Director

The clinicians at the Institute of Living's Anxiety Disorders Center are caring and talented individuals. Each of these clinicians has been expertly trained in cognitive-behavioral therapy for anxiety and related problems. Our clinicians are also engaged in cutting-edge research on the treatment for anxiety and are developing and testing novel approaches to advance the treatment of anxiety disorders. They apply this expertise to bring the highest possible standard of care to their patients.

Dr. Tolin founded the Institute of Living's Anxiety Disorders Center in 2000, with the aim of creating a clinical and research center of excellence that would lead the way in cutting-edge treatment for anxiety-related conditions. A board certified clinical psychologist and Adjunct Associate Professor of Psychiatry at Yale University School of Medicine, Dr. Tolin received the award for Distinguished Contribution to the Science of Psychology from the Connecticut Psychological Association. Dr. Tolin received his Ph.D. in clinical psychology from the University of Arkansas, and completed additional training at the Boston VA Medical Center and the University of Pennsylvania School of Medicine. Dr. Tolin and his colleagues conduct nationally-funded research on cognitive-behavioral therapy for anxiety disorders, the nature and treatment of obsessive-compulsive spectrum disorders such as compulsive hoarding and trichotillomania, the interaction between psychotherapy and pharmacotherapy in the treatment of anxiety disorders, and cognitive processes that underlie anxiety disorders.

Dr. Tolin is the author of over 100 journal articles and book chapters, and over 200 research presentations to national and international organizations. He is co-author of the books *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* and *Treating Trichotillomania: Cognitive Behavior Therapy for Hair Pulling and Related Problems*. Dr. Tolin has been featured in articles in *The New York Times* and the *Associated Press*, and has been a recurrent guest on *The Today Show*, *Good Morning America* and *The Oprah Winfrey Show*.



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Gretchen Diefenbach, Ph.D.

*Psychologist and Senior Scientist
Coordinator of Research Operations*

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Dr. Diefenbach is an accomplished researcher and clinician. Her research has focused on the nature, assessment, and treatment of anxiety and related disorders. She has particular expertise in the cognitive-behavioral treatment of generalized anxiety disorder, obsessive-compulsive disorder, and trichotillomania. She is an empathic clinician who works collaboratively with clients to develop individualized treatment plans to reduce anxiety and improve quality of life. Dr. Diefenbach received her Ph.D. in clinical psychology from Louisiana State University. She completed her internship and postdoctoral fellowship at the University of Texas-Houston Health Science Center. She joined the staff of the Anxiety Disorders Center in 2001, and is an Adjunct Assistant Professor of Psychiatry at Yale University School of Medicine.



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Christina Gilliam, Ph.D.

Psychologist

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Dr. Gilliam strives to provide compassionate and effective treatment for patients with anxiety disorders. She became interested in pursuing a specialty in anxiety disorders early in her career, and continues to be impressed by the courage and determination of patients who confront their fears to overcome anxiety. She utilizes an empathic, collaborative approach to treatment that relies on creativity and humor to assist her patients through difficult times. Dr. Gilliam received her Ph.D. in clinical psychology from the University of Missouri-St. Louis. She completed her predoctoral internship at the Greater Hartford Consortium at the VA Connecticut Healthcare System. She joined the Anxiety Disorders Center in 2006 as a post-doctoral fellow and has remained on staff as a full-time psychologist.



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Scott Hannan, Ph.D.

*Psychologist
Coordinator of Clinical Services*

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As coordinator of the outpatient clinic at the Anxiety Disorders Center, Dr. Hannan is committed to maintaining the highest quality treatment standards for all patients. Dr. Hannan received his Ph.D. in clinical psychology from Fordham University and completed his postdoctoral fellowship at the Anxiety Disorders Center. Dr. Hannan works with children, adolescents, and adults. His clinical interests include obsessive-compulsive disorder, phobias, panic disorder, posttraumatic stress disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders. Dr. Hannan is also interested in the use of computer administered psychological measurements as a way to monitor treatment progress and aid treatment decisions.



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Elizabeth Moore, Ph.D.

*Psychologist
Coordinator of Educational Programs*

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Since the beginning of her career, Dr. Moore has specialized in cognitive-behavioral treatment of anxiety. With a deep understanding of how debilitating and limiting anxiety can be, she is committed to providing only the most effective research-based treatments. Dr. Moore strives to employ a practical, down-to-earth approach, tailoring her work with each patient to capitalize on his or her specific strengths and sources of motivation. She received her Ph.D. in clinical psychology from the University of Nebraska-Lincoln. Dr. Moore completed her predoctoral internship at the West Virginia University School of Medicine and a postdoctoral clinical-research fellowship at the Mayo Clinic Anxiety Disorders Clinic in Rochester, MN. Dr. Moore has published numerous research articles on the treatment and nature of anxiety disorders and has spoken on these topics at national and local conferences.



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For more information, to schedule an appointment, or to make a referral, contact:

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