

What is Anxiety?



Anxiety can present itself in a variety of different ways from specific phobias to a more generalized fear of life itself.

Anxiety is a very common condition in our society, stemming from the accumulation of daily stressors, unrealistic personal demands, and painful experiences from our past.

"I don't think people understand how stressful it is to explain what's going on in your head when you don't even understand it yourself."

Unknown

Are You Ready for Treatment?

Counseling is available to anyone sincerely seeking help and wanting to change their life.

Treatment Options

GROUP THERAPY

Ongoing closed groups will be offered specifically addressing anxiety.

INDIVIDUAL COUNSELING

Individual counseling sessions offered to address anxiety.

CAN I DO BOTH?

YES

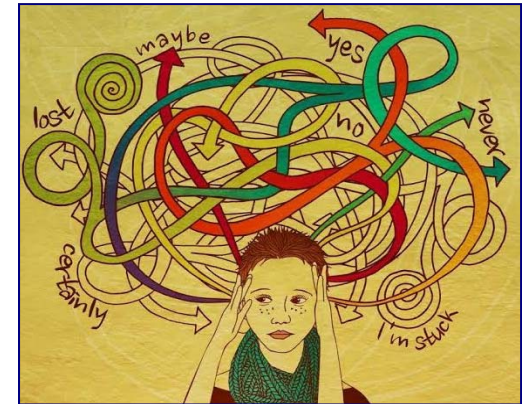
The boundary to what we can accept is the boundary to our freedom.

Tara Brach

Contact us for additional information and screening.

573-777-3010

act@phoenixhealthprograms.com



Is it Confidential?

We have a policy of confidentiality with very few exceptions. Some possible exception include suicide, homicide, child abuse, elder abuse, and abuse of individuals with disabilities.

These will be explained further, in person, prior to treatment. If you have any questions regarding confidentiality, please ask.

How Can Treatment Help?

ACT is a supplemental treatment that can explore and address how anxiety may be leading us toward ineffective ways of interacting with others and the world around us, in order to develop more helpful and meaningful ways to engage with life.