**Common symptoms**

Most people have concerns or worries about life circumstances. However, sufferers of Generalized Anxiety Disorder (GAD) have a pattern of chronic, excessive, and uncontrollable worry that cause clinically significant distress or impairment in important areas of functioning such as work or social relationships.

During periods of excessive worry, those who suffer from GAD experience symptoms, such as:

- Restlessness, or feeling on edge or keyed up
- Irritability
- Muscle tension
- Fatigue
- Feelings of numbness and/or detachment
- Sleep disturbance
- Difficulty concentrating

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**Let us Introduce Ourselves!**

Northern Illinois University’s Psychological Services Center (PSC) provides a variety of services to students and community residents.

**Hours of Operation**

- Monday: 12:00 PM to 8:00 PM
- Tuesday: 11:00 AM to 7:00 PM
- Wednesday, Thursday, and Friday: 9:00 AM to 5:00 PM

* Hours are slightly reduced in the summer months

**ADS** 815 753-5500
**PSC** 815 753-0591

Go to [www.niu.edu/psyc/psc](http://www.niu.edu/psyc/psc) for more information

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**To learn more about the services provided through the Anxiety Disorder Service call (815) 753-5500 to arrange for an evaluation. The PSC can be reached at (815) 753-0591. You can also visit our website at http://www.niu.edu/psych/psc.**

Located at Normal Road and Lincoln Highway
DeKalb Illinois 60115
Looking For a Place to Get Help

General Anxiety Disorder (GAD) sufferers experience excessive worry about family members, finances, work, and personal illness. Without treatment, many people with GAD continue to experience symptoms of the disorder. The main treatment options for GAD are Medication, Cognitive Behavioral Therapy, and other Psychological Therapies.

Medication >>>
Many people who have GAD can benefit from medications. However, some medications can have side effects and cannot be used by certain people, different people respond differently to different medications, and not all people who can take medications benefit from them. Therefore, making the decision to try medications and deciding which one to try should be done under the care of a physician or psychiatrist.

Cognitive Behavioral Therapy >>>
One treatment is a form of exposure plus response prevention (EPRP), involving prolonged exposure to images that may or may not be related to the topics of worry, believed to be effective because worry is seen as an escape behavior to distract the individual. Other common treatments are cognitive restructuring, targeting the fear of negative evaluation, training in coping skills, such as relaxation, self-talk, and distraction strategies, and problem solving skills. Learning to be “in the moment,” and addressing the secondary gains associated with worry and dysfunction can be helpful components of treatment.

Other Psychological Therapies >>>
There are many different types of psychological therapies, such as Interpersonal, Family, and Supportive. Many of these therapies were not developed specifically for anxiety disorders and are generally not helpful for anxiety. However, they may be useful for reaching other goals, such as reducing depression, or improving relationships. These services are not usually provided in the ADS. For more information about the Anxiety Disorders Service or to arrange for an evaluation, call (815) 753-5500.

Evaluation and Treatment
The Anxiety Disorders Service (ADS) is part of the Psychological Services Center, the training clinic in the doctoral program in clinical psychology at Northern Illinois University. Therapy is provided by advanced graduate students, closely supervised by ADS director, David Valentiner, Ph.D. Dr. Valentiner also sees clients.

First is a two-session evaluation to better understand the problem, provided at no cost to the client. Next, findings are summarized and available and helpful treatment options are discussed. Services are often available in our clinic, from other mental health professionals in the community, or a combination of services. Treatment for GAD at the ADS includes state of the art, empirically based treatments, such as cognitive restructuring and exposure plus response prevention therapy. Treatments involving exposure have been shown to be effective in reducing GAD symptoms. The ADS does not offer medication or prescription services, but can often coordinate treatment with a prescribing physician.

Services for Veterans >>>
We provide a wide variety of psychological services, including assessment and therapy for difficulties veterans may be facing. For the treatment of PTSD, we rely primarily upon cognitive-behavioral treatment protocols – the same treatment protocols used in most Veterans Administration Hospitals. Several of the faculty members who oversee services in our clinic received training in Veterans Administration Hospitals.

We are with you every step of the way >>>
The first step in seeking help from the PSC is to call for an appointment. Our office manager will ask you some questions about the problems you are having, and an appointment will be scheduled. The initial meeting is a problem assessment session which is free of charge. This first appointment is used to get a better understanding of the specific concerns you are experiencing. We will also ask you general questions about your family and background. This initial meeting helps us determine the kinds of services that would most help you.