

## PRINCIPLES OF INTERVENTION FOR ANXIETY DISORDERS

### *HEURISTICS, NOT ALGORITHMS*

1. Start by increasing the tension.
2. Use multiple lenses.
3. How does *this person* do anxiety? Map the physiology, phenomenology, and process of both the problem and solution based on what is most important to the patient.
4. Anxiety does not exist. Do not treat “anxiety.”
  - A. Anxiety is an interpretation.
  - B. Anxiety is a process and not a thing, a nominalization.
  - C. Anxiety is a generalization
  - D. Anxiety is a phenomenology
5. Redefine early.
6. Individualize the treatment. (Drugs and protocols do not)
7. Anxiety is a motor. It is “onion” and not “garlic.”
8. Make a minimal strategic change.
9. Work from the periphery in.
10. Divide and Conquer. Move in small steps.
11. Look for an interactional solution.
12. Add choice.
13. When in terror, play out the terrorizer.
14. Externalize.
15. Bring the problem into the present.
16. Make the problem into a game.
17. Use humor.
18. Make the therapy into a symbol-drama of change.
19. Live through the anxiety. Avoid Avoidance; be counterphobic.
20. Anxiety is a gift; a signal not a symptom.
21. Stress anxiety management; relaxation is not a necessary goal.
22. Express NOT suppress (sometimes).
23. Use emotional logic; do not be compelled to be “logical.”
24. Contaminate the anxiety; add new valence. Change the background.
25. Demonstrate change in fantasy; in a new social setting; in reality.
26. Modify the associational net.
27. “Have three times faith.”
28. Go the extra mile.