

Hello, I'm Amy Huberman, and I want to share with you a little bit about my approach to helping people get their lives back from anxiety.

First of all, I want to say that if you find yourself pinned into a corner by anxiety and feeling stuck, my heart goes out to you. I've been there myself. And from personal experience, I know how unhelpful it is when friends and family say things like, "just take it easy," or "just stop worrying!" Often, the things we're worried about are tied to our deepest values, like keeping ourselves and our loved ones safe, doing the morally correct thing, living up to our own high standards, or earning the friendship and respect of others. When we're told to "just stop worrying," it feels like we're being told to stop caring about the very things that matter most to us! In fact, sometimes we may be considering getting treatment for anxiety not because anxiety is really a problem for us, but because somebody else thinks it's a problem. If that's the case for you, I have to be honest that I wouldn't feel comfortable helping you change something that's actually working for you.

At the same time, I want you to know that if you find that anxiety is holding you back more than it's helping you, you *can* break free from anxiety's trap. This is true even when your suffering has been prolonged and severe. It's also true whether you're struggling with Obsessive-Compulsive Disorder, Social Anxiety, Panic Disorder, Generalized Anxiety, PTSD, or some sort of phobia. If anxiety has taken over your life, it is possible to get your life back. But, there *is* a price you'll have to pay. You'll have to face the very situations you've been avoiding, even when you're still afraid that your worst fears could come true. You'll need to do this not just once, but again and again. You'll need to do this even when you feel like turning around and running the other way. I know that this can feel like a huge price to pay, and I'd totally get it if it's not worth it for you. Sometimes it really *isn't* worth it, and when that's the case, then this is not the treatment for you. On the other hand, if you're currently at a place where it *does* feel worth it, I'm excited to say that I can help you find your way through anxiety back into your life.

Let me say a little about why I've chosen to offer intensive treatment, rather than continuing to meet with people just once weekly, as I did for more than a decade. When I met with people for just a single hour each week, I found that it was easy for us to lose momentum in our work together from week to week. We'd spend a significant chunk of each session just catching up and re-connecting, which was important, but then there'd be little time left over for learning or practicing something new. On the other hand, when we're meeting every day for several hours, we can use the time much more efficiently. In fact, because no two people are the same, part of the treatment process almost always involves discovering that some methods we try aren't a good fit for you and learning from experience what *does* work for you. We can go through this process of eliminating what doesn't work and pinpointing what does work much more quickly when we work together intensively, compared to meeting for just an hour each week. As a result, you can begin to feel better sooner rather than later, and when you're really suffering, that difference in timing can make a big difference.

You may be wondering whether this approach is a good fit for you. Let me try to answer that question. If you're really committed to facing your fears and engaging in self-help assignments

every day, both during our work together and afterwards, then this approach is very likely to work for you. However, some people find that the intensive approach is not the best fit for them. They may prefer to take things slowly and to face their fears on a gradual basis, or to have time between sessions to process what they learned from previous sessions. If that sounds like you, then I recommend trying a less intensive approach first, as it may prove a better fit. Others find that it takes time to uncover and address any hidden emotions that are manifesting as anxiety, or to recognize and address any interpersonal patterns that may be feeding into anxiety. When this is the case, we often don't know until we try the intensive approach and discover that more time is needed, at which point I would refer you to someone who can work with you on a weekly basis.

There are a few other reasons why this treatment might not be a good fit for you. If you're struggling with an addiction or using drugs like benzodiazepines to manage your feelings of anxiety, this treatment is unlikely to work for you unless you are willing to give up the addiction or benzodiazepines and face anxiety head on. Similarly, if you're seriously considering suicide as an option, this treatment is not likely to work, because it's hard to commit fully to facing your fears when suicide is offering what may appear to be an easier solution to your suffering.

On the other hand, if you're willing to commit yourself fully to facing your fears and engaging in the hard work that this treatment requires, then I believe that you and I can accomplish great things together!

Now, as a psychiatrist, I know that certain medications or medical conditions can cause anxiety, and if I suspect that this may be the case for you, I will explain this clearly to you and will refer you to another doctor who can help with this. Because we'll be working together for such a short time, I won't be prescribing medications to you, nor do I think they're necessary for our work together to be successful; but if you have questions about pharmacologic or medical aspects of your treatment, I'd be happy to share my recommendations with you and your other doctors.

In short, if you're willing to devote a week or two to some truly hard work for the sake of getting your life back from anxiety, I'd love to work with you! You can give me a call or follow the link on my website to request a free 30-minute screening.

I look forward to hearing from you!