

# Therapies reflection paper

Psychology



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Topic: Anxiety is one the most important psychological issue faced by the adult population around the world these days. Characterized mainly by nervous behavior, a person getting easily depressed or angry and many other symptoms, anxiety can lead to many social problems as well as violent behavior. The treatment of anxiety is possible through therapies according to different schools of thoughts. Cognitive therapy according to the cognitive school of thought implies changing the thinking of a person. The focus of cognitive therapy is to change the way a person thinks about a specific issue that acts as a stimulus. This therapy has been found to be very useful since creating positive thoughts in the mind of a person about a specific problem can be very helpful and if a stimulus is removed, there would be nothing to cause anxiety (Hyman 17).

According to a second school of thought i. e. Behaviorism, the changing of a person's external environment and removal of the stimulus can be very helpful since a person's behavior is vastly affected by his surroundings and taking him away or just changing the environment can be very helpful. The third school of thought focuses more on the hormonal system in the brain. The biological school of thought focuses on regulation of hormones within the human body in order to create a balance between happy and sad hormones (Myers 165). This school of thought says that an imbalance in these hormones would lead to different psychological disorders so medicinal therapy could be more useful according to this school of thought.

Concluding, the cognitive school of thought and behavioral school of thought would lead to more positive results as the person would not have to rely on drugs in order to get rid of anxiety and these two schools of thoughts provide a more permanent treatment (Pickren 75)

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Work Cited

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Hyman, Bruce M, and Cherry Pedrick. Anxiety Disorders. Minneapolis: Twenty-First Century Books, 2012. Print.