The University of Florida
Fear and Anxiety Disorders Clinic
is a specialty clinic offering comprehensive assessments and scientifically-based treatment programs for the anxiety disorders including:

- Specific Fear & Phobia
- Social Anxiety
- Test Anxiety
- Panic Attacks
- Persistent Anxiety & Worry
- Posttraumatic Stress
- Obsessive Thoughts & Compulsions

## Services & Treatment
The Fear and Anxiety Disorders Clinic offers specialized assessments for anxiety disorders. Assessments include in-depth structured diagnostic interviews, questionnaires, and behavioral and psychophysiological measurements. This assessment procedure is used to determine the nature of your anxiety and provide the best treatment recommendations that fit your needs.

Treatment programs provided by the Fear and Anxiety Disorders Clinic involve short-term cognitive-behavioral therapy (12-weeks) with demonstrated efficacy in the treatment of anxiety disorders.

### FEAR & ANXIETY DISORDERS CLINIC
University of Florida
Department of Clinical & Health Psychology
2800 S.W. Archer Rd.
Gainesville, FL 32608
Phone: 352.294.3327
Fax: 352.392.6047
www.fearclinic.ufl.edu

### For referrals & information
For further information or for prompt referral to the University of Florida Fear and Anxiety Disorders Clinic, call 352.294.3327. Most insurance plans are accepted.

Affiliated with Shands Hospital at UF and the NIMH Center for the Study of Emotion & Attention
Am I the only one with this condition?

No. You are not alone. In any year, 19 million American adults have an anxiety disorder.

What can I do to help myself?

Through the University of Florida Fear and Anxiety Disorders Clinic, a team of specialists provides specialized assessments and cognitive-behavioral treatment programs for individuals suffering from anxiety disorders.

Research has demonstrated the effectiveness of cognitive-behavioral therapy for the treatment of anxiety disorders.

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