

Psychology Research at the Family Care Center (v. 3/15/06)

Open Trial of Learning to Ease Anxiety in Primary Care (LEAP)

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Who is eligible? Adults, age 18 or over, suffering from an anxiety disorder. No psychotic symptoms, severe depression, or severe alcohol or drug use.

What is the treatment? Participants receive one individual session and then 6 group sessions of cognitive-behavioral therapy for anxiety disorders. The psychotherapy sessions will occur in the FCC and PCPs will receive feedback regarding the treatment.

Other: We will conduct a full eligibility assessment to determine the anxiety disorder – so feel free to refer anyone whom you believe may qualify. No cost to patient. Patient will be compensated for assessment.

Start date: End of March.