

Reflection Exercise: Explaining & Reversing the Vicious Cycle of Anxiety

The following questions refer to the "Explaining the Vicious Cycle of Anxiety" and "Reversing the Vicious Cycle of Anxiety" CCI Clinical Demonstration videos, which can be viewed at: https://www.youtube.com/c/CentreforClinicalInterventions

The questions on the first page have been designed for early career clinicians/students. More experienced clinicians may wish to look at the guestions on the second page.

<u>F</u>

spononoca dimonano may mon to look at mo quostione on mo decenta page.	
or ea	rly career clinicians/students
1.	What are some advantages and disadvantages of explaining the vicious cycle of anxiety to clients?
2.	Avoidance has its benefits. How might you respond to a client who expresses resistance towards the concept of approaching situations in order to reverse the vicious cycle of anxiety?
3.	Describe 2 strengths that you have noticed in the clinician's explanation of the vicious cycle of anxiety, and how to reverse it. Why do you consider these to be strengths?
	a. Is there anything you might present differently? If so, why?



For more experienced clinicians

<i>)</i>	nore experienced clinicians
1	. Think of a recent or current client who is presenting with anxiety. Draw what their personalised vicious cycle of anxiety might look like.
2	. What are some specific advantages (or disadvantages) of explaining the vicious cycle of anxiety to your client (and why)?
3	. Avoidance has its benefits. How might you respond to a client who expresses resistance towards the concept of approaching situations in order to reverse the vicious cycle of anxiety?
4	. Describe 2 strengths and 2 things you might do differently as a clinician based on your viewing of both videos, and provide a brief explanation for each of the features you have selected.