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general exercise it's so important to keep a positive mood, also to accept that there are events that you cannot control, to be confident instead of aggressive, eat healthy and well-balanced meals.

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**THERAPY OF ANXIETY DURING THE COMPLEX FORMATION OF
TRAUMATIC SITUATIONS**

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Anxiety becomes a chronic phenomenon in the modern world as a universal psychophysiological phenomenon for the presence of unresolved actual causes. Not always visible stressful effects are the basis for the formation of pathological anxiety.

The aim was to study the features of the formation of anxiety phenomena and determine psychotherapeutic tactics.

The study was conducted with the participation of 10 patients aged 18-27 years with generalized anxiety disorder. The history of traumatic situations associated with the death of friends, unstable financial condition. In the clinical picture of the disease patients revealed anxiety, episodes of panic states, sociophobia, somatic equivalents of anxiety. All patients grew up in single-parent families (raised by mothers) in hyper-custody. Mothers had, alarming reactions and ideas of guilt, which were not reaching the clinical level, mainly related to the organization of their personal lives over the past few years (were in repeated or civil marriages).

Patients received complex therapy: antidepressants, anxiolytics, CBT.

The individual psychotherapeutic program was reorganized into family sessions, as conflicts of successful attempts at self-realization and persistent passive roles in relationships with the mother were identified, while psycho-traumatic situations and phobic conditions were pushed into the background.

Thus, the study showed the effectiveness of family psychotherapy of anxiety in this type of patient.

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