Psychoanalytic/Psydynamic Treatments of Anxiety Disorders in College Students: Opportunities for Growth

Abstract: This presentation incorporates case studies of college students who present for care with a specific complaint that they are anxious, and who meet criteria for an anxiety disorder diagnosis. The approach to treatment that I will describe incorporates psychoanalytic conceptualization and theoretical perspectives. It incorporates specific attention to the symptoms, but extends to other aspects of the persons’ life, history, and cultural background. These cases may help demonstrate that loss of persons we love are a source of anxiety throughout the life cycle, and this can include the loss of the person we had hoped we would become.

Learning Objectives: After this intermediate/advanced presentation, participants will be able to:
1. Describe the varied presentations of anxiety symptoms in college age persons.
2. Demonstrate different approaches to treatment of these students to maximize growth and resilience.
3. Describe the role of culture in the students’ country of origin as it pertains to developing an effective treatment alliance for the treatment of anxiety.

Biography: Alan Siegel was most recently the Chief of Mental Health and Counseling at MIT where he served for 14 years. Before that, for 20 years he held a number of leadership positions at the Cambridge Health Alliance. These included: Clinical Director of Department of Psychiatry, Co-Director of Education, and Director of Psychology. He is an Assistant Professor of Psychology (PT), Psychiatry, Harvard Medical School. He is graduate and member of BPSI, and has a private treatment and supervisory practice in Belmont, MA.

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