



# Adult Anxiety & its impact on Therapy

*Or how to create calm so therapy can carry on*

***Anxiety develops when we lack certainty, when we don't know, when we feel insecure or even unsafe***

***It is a fear of the future; of what happens next and it needs to know everything. It will drive avoidance or controlling behaviour. It is part of the normal experience of living in the contemporary world of information overload and a 24 hour media cycle driven by fear and uncertainty.***

***Anxiety impacts our relationships and our ability to attach securely***

## **Explore how anxiety interferes with attachment:**

- What's your unique brand of anxiety and how did it develop?
- How does the attachment style of your client impact how you work?
- What's your unique way of effectively calming yourself?
- Will your way suit your client?
- What happens if we don't address anxiety in the therapeutic relationship?

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for professionals who encounter anxiety in their workplace and in their clients, students or patients.

REGISTER interest email: [counselling@fgriffith.id.au](mailto:counselling@fgriffith.id.au) or phone 0414 985 934