



**Dr. Marilyn L Barton**  
**B.Ap.Sc (Psych), Grad. Dip. (Couns),**  
**D. Psych (Clinical), Dip. Clin. Hypnosis**

Applecross Psychological Services proudly offers Cognitive-Behavioural (CBT) and other therapies to help you control your anxiety.

Inside, you will find information on how to control your anxiety as prior to your session with Dr. Marilyn Barton.

### Who is Dr. Marilyn Barton?

Dr. Marilyn Barton established Applecross Psychological Services ten years ago to care for the mental health and well being of patients in the southern corridor of Perth. She is an experienced clinical psychologist, who has been counselling children, young adults, parents, families for the last 25 years. Along with her tertiary education, including a PhD, Dr. Barton also possesses a Diploma of Clinical Hypnosis. She is also a member of the Australian Psychological Society's College of Clinical Psychologists.

### How Do I See Dr. Marilyn Barton?

- Appointments can be made via phone or email. You can meet with us or even SKYPE or FaceTime us from the comfort of your own home.
- Monday - Thursday, 9am - 5pm.
- Appointments are 50 minutes long.

### Anxiety

In our daily lives, there are situations in which it is reasonable to feel uneasy or anxious. Even high levels of anxiety may be appropriate when they are consistent with the demands of the situation, such as when in real danger and needing to ward off the danger or escape the situation. Physiological fear is an adaptive response that helps us face challenges.

However anxiety in its different forms is a more intense fear, totally inappropriate for the circumstance for which it is occurring. Severe anxiety can rob us of the capacity to take in new information, plan appropriate responses and carry out complex activities. Individuals with anxiety disorders have specific and recurring fears that they recognise as being irrational or unrealistic and intrusive. Anxiety includes Generalised Anxiety Disorder (GAD), Phobias, Obsessive Compulsive disorder (OCD) and Panic Disorder (including panic attacks).



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## *How to Cope with Anxiety*



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## What Is Generalised Anxiety Disorder (GAD)?

Generalised anxiety occurs when individuals worry excessively and persistently about a number of areas of their lives, including their family, health, job or finances. These worries are not associated with any particular environmental circumstances.

## What Are The Symptoms Of General Anxiety Disorder?

- Nervousness and restlessness
- Trembling
- Trouble falling or staying asleep.
- Sweating
- Poor concentration
- Palpitations
- Frequent urination.
- Muscular tension
- Easily fatigued.
- Irritable mood.
- Light headedness or dizziness.
- Hyper vigilance.
- Shortness of breath.
- Depressed mood.

## What Are Phobias?

Specific phobias are characterised by a persistent and irrational fear and avoidance of a particular object or situation. There are two groups of situations:

1. Heights, closed spaces, still water in which the danger of falling suffocating or drowning are obvious, and
2. Poisonous insects, snakes and carnivorous animals from which the possibility of harm is obvious, as well as fear of blood or injury and fear of flying.

Other phobias include agoraphobia and social phobia. When people with specific phobia encounter their feared situation or object, they may experience panic attacks or some of the symptoms below.

## What Are The Symptoms Of Phobias?

- Persistent and irrational fear.
- Avoidance of certain places, situations or activities.
- Accelerated heart rate/pounding heart.
- Trembling.
- Faintness or light-headedness.
- Difficulty with breathing.
- Sweating.

## What Is Obsessive Compulsive Disorder (OCD)?

OCD occurs when there are unpleasant and intrusive obsessional thoughts that are difficult to control (e.g. concern about contaminating or harming oneself or family). The obsessional thoughts often lead to uncontrollable compulsive rituals (e.g. cleaning, checking, counting)

## What Are The Symptoms Of Obsessive Compulsive Disorder ?

- Difficulties with recurring thoughts and images.
- Overwhelming urges to repeatedly perform specific behaviours.
- Depression
- Anxiety

## What Are Panic Disorder And Panic Attacks?

Panic Disorder is an intense fear, totally inappropriate for the circumstance in which it is happening. Panic attacks are part of panic disorder and occur "out of the blue", that is, they can occur independent of any stressful situation and this exaggerated fear may often interfere with daily life. A person experiencing a panic attack feels an overpowering fear that is usually accompanied by a range of physical sensations. The sufferer of a panic attack may often misinterpret those sensations.

## What Are The Symptoms Of Panic Attacks?

- Increased awareness of the heartbeat.
- Sweating
- Trembling and shaking
- Feeling of choking, shortness of breath or smothering.
- Chest pain or discomfort.
- Nausea or abdominal distress.
- Feeling of unreality or feeling detached from oneself or from the surroundings.
- Feeling dizzy, unsteady, lightheaded or faint.
- Fear of losing control or going crazy.
- Fear of dying.
- Numbness, tingling or pins & needles.
- Chills & hot flushes.

## What Will Help?

- Realising that anxiety is a real, but treatable condition.
- Explaining to others that advice such as "calm down" and "pull yourself together" does not work.
- Developing and practising controlled breathing and relaxation skills.
- Developing healthy distractions.
- Focusing on something else instead of the symptoms.
- Developing a balanced lifestyle.

## How Is Anxiety Treated?

- If anxiety is detected early, and help is sought, there is a very good chance that the symptoms can be reduced or overcome.
- Psychological treatments
- Anti anxiety medications
- Combination of both of the above.

## Further Help Needed?

At these times, you may wish to seek help from someone you trust such as a close friend or family member, or professionally through your local GP, or through counselling.

Applecross Psychological Services can assist you with this process.

