**Anxiety disorders**

Name

Institution

Course

Instructor

Date

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Veterans often have PTSD, personality, depression, and anxiety problems, and it is critical to discover a solution to help them manage these challenges (Inoue et al., 2021). It is also vital to recognize that it is a compassionate group of individuals who are typically elderly and have been impacted by various life events. It's also tough to convince people to believe and heed one's views or just listen. While working with these individuals, a psychologist should be intelligent, credible, cautious, and empathic. Having a good, trust-based connection with their psychotherapist is among the most critical aspects that can benefit them.

**Two effective methods for counseling these clients**

Considering the complexity of the client's psychological health difficulties, I would recommend Cognitive Behavioral Therapy, abbreviated as (CBT), since it has been demonstrated to decrease recurrence in those who struggle with anxiety and anxiety-related psychological health difficulties. Another beneficial and prospective therapeutic strategy that I would recommend is mindfulness-based therapy since this style of treatment or counseling focuses on a person's emotions and consciousness of their existing situation in the present moment. Both provide specific and valuable information into the individual getting therapy and have been shown to significantly lessen and address the fundamental problems that contribute to uneasiness.

 Cognitive Behavioral therapy may be beneficial in treating the client's nervousness since "cognitive variables sustain sentimental illnesses, and mental medication alters these elements using behavioral and cognitive strategies (Curtiss et al., 2021)." The counselor uses this strategy to assist the patient in delving deeper into their minds to identify the many unpleasant ideas that arise when they recall specific prior situations like warfare.

Additionally, they assist patients in comprehending how such incidents or recollections add to their elevated stress degrees, how to successfully substitute such torturous impulses as a portion of the therapeutic journey, and how to manage appropriately even if they are stressed or angry at anything or somebody. While Mindfulness-Based Therapy may benefit both individuals since "Mindfulness-based psychotherapy is an emerging popular method targeted at assisting individuals in enhancing their tranquility while eliminating unfavorable or uncomfortable judgments (Hofmann & Gómez, 2017)." This strategy teaches individuals to respond to psychological pressures thoughtfully rather than instinctively." These two strategies are critical for assisting these impacted individuals in surviving since most have been wounded by traumatic occurrences while battling for the nation. It is essential to help them look happier and cared for by restoring some semblance of normality to regain command of themselves. In counseling and psychotherapy, the outcome is critical and serves as the yardstick for determining the treatment's efficacy.

**Convey your findings to residents in a constructive, inspirational way utilizing your notes during a session with their group.**

Today, we'll discuss why it is advisable to seek individualized psychotherapy and rehabilitation and how it may help you both now and in the long run. Most individuals mistakenly believe that therapy entails admitting weakness or cognitive impairment, which is an incredibly erroneous assertion. Individualized psychotherapy and treatment are a means of assisting yourself in becoming a more productive and optimistic individual and a means of comprehending your feelings. By realizing oneself and how to pursue self-improvement, you may embrace your faults, recognize your talents, and work on becoming cognitively, economically, and psychologically more burdensome. I trust in two distinct forms of treatment: mindfulness-based therapy and behavioral, cognitive counseling. CBT places a greater emphasis on how your particular beliefs and actions influence your experiences. In contrast, Mindfulness-Based Therapy concentrates on emotions and or views in the present instant, without criticism. Brothers, you have devoted a great deal of commitment and attention to defending your country and have contributed much more than the majority of individuals will ever offer. Now is the moment to contemplate enabling someone to help you in the same way you have dedicated to your nation and its people. By combining Cognitive Behavioral Treatment with Mindfulness-Based Counseling, you will make significant achievements in their treatment and develop as a person and acquire the tools necessary to become the most critical possible manifestation of oneself.

**Three explanations why residents might benefit from each of these forms of treatment**

Cognitive Behavioral Therapy may assist you in managing your feelings and improving your ability to cope with stressful events in your life (Mejia, 2021). Additionally, CBT may provide you with the unique skills necessary to overcome your fear and educate you on how to improve your ability to cope with your own social emotions. CBT is also an incredible treatment to take since it effectively resolves the underlying problems that contribute to nervousness as well as in helping people improve their ability to manage their anxiety. CBT is a successful strategy for assisting patients in developing the ability to cope with their difficulties effectively via acquiring and using new skills. Additionally, mindfulness-based therapy has many advantages and may be incredibly beneficial in managing anxiety and those who struggle from it. Counseling focused on meditation has been shown to generate long-lasting, functional transformations in young people.

 Additionally, this sort of therapy has equipped many patients with the skills and knowledge necessary to positively affect their own emotional, physical, and spiritual wellness. Not only does this result in good life improvements, but it also contributes to the transformation of unpleasant life experiences into vivacious education curves. That implies that by experiencing this sort of therapy, the person will develop the necessary abilities to transform their attitude and perception of apparently unpleasant parts of life into pleasant and reinforcing instruments for enhancing one's wellness.

**A summary of the techniques that residents will acquire to assist them in reducing their occurrence of self-harm. Invite patient engagement by preparing for a question-and-answer time.**

Participants also get the chance to learn different techniques for managing their anxiety levels at home via this collaborative counseling. For example, some individuals get so irritated and sad that they resort to self-harm. That is not a recent phenomenon, and they may be cured or assisted. Therapists may help patients prevent self-harm by discussing their emotions and ideas when considering self-harm. Additionally, it provides the essential knowledge that may eliminate and reduce negative sentiments that contribute to the urge or desire to self-punish or create additional pain. Additionally, these forms of treatment teach the abilities necessary to recognize triggers, build trusting relationships, identify acceptable actions, foster self-compassion, and employ intellectual, behavioral approaches. Occasionally, one misinterprets their difficulties and believes that nobody can assist them or that their predicament is irreversible, while in fact, somebody somewhere can genuinely help them.

Some of the recovery mechanisms for self-harm involve gripping an ice pack when one thinks like harming oneself, diverting oneself with activities such as driving, walking, taking a long hot shower, or otherwise self-distraction to get away from such ideas. That is quite beneficial and involves experimentation, as some exercises are more effective at calming them down than others. For effective interaction, clients are urged to ask as many questions as necessary and be fearless to create an exciting and dynamic session. Each person is coping with their situation, and no judgments will be formed premised on the query-answer exchange.

**References**

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