The Third International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 23-24 November, 2016
The Neuroscience Journal of Shefaye khatam
Volume 4, No. 3, Suppl 1

Oral Presentation

Recent Developments in the Treatment of Anxiety, Trauma, and Emotional Disorders

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Published: ***23-24 November, 2016***

Abstract

Advances in the treatment anxiety, trauma, and emotional disorders have been the focus of numerous international research efforts, including transdiagnostic approaches, internet-delivered treatments, and combined medication and cognitive-behavioral strategies. Recent research have identified emerging strategies for improving immediate efficacy, availability and dissemination, treatment engagement, and long-term outcomes for the effective treatment of these highly common and disabling mental health conditions. Importantly, treatment efforts have begun to simultaneously target posttraumatic symptoms, anxiety disorders, and disturbances of mood (e.g., depression), as the majority of individuals seeking treatment have multiple diagnoses. Using real case examples and data from recent randomized clinical trials, the implementation and efficacy of these new treatment approaches will be described and discussed.

Keywords: Emotional disorders, Trauma, Anxiety

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