

# **Treatments**

## **Social Anxiety West Topic Session**

These questions are intended to prompt your thinking around the topic. You do not have to answer them, although it may be beneficial to you if you do.

### **Questions**

- **What treatments are there for social anxiety?**
- **What treatments have you tried?**
- **How much is your choice of treatment influenced by what you think the cause of your social anxiety is? i.e. parenting, genetics, negative experiences.**
- **How much time do you invest in looking for and researching solutions for your social anxiety?**
- **What do you believe overcoming social anxiety involves and do you believe it is possible to overcome it?**
- **How do your answers to the above question influence your motivation and commitment to psychological treatments that require your input and efforts and how might that influence the results you get?**
- **What is the placebo effect and how might it play a part in taking recommendations of treatments from non-professionals (or maybe professionals too)?**
- **Are all treatments with the same label the same? e.g. CBT from one therapist vs. CBT from another. What might the differences be?**
- **In what ways might social anxiety influence people's trust in treatments and the people delivering them? How might this affect their commitment to a treatment and therefore the results they get from it?**
- **What do you think of the word 'treatment' being used to describe help for social anxiety?**