**Title**

Mindfulness and Hypnosis for Anxiety Disorders.

**Author and affiliations**

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**Background**

Anxiety disorders are explored, from prevalence, to co-existence with depression, to current treatment options, outcomes, and the prevention of symptom relapse. As a result of this exploration, a new approach toward their treatment is advocated.

**Aims**

* Broaden clinicians’ perspective when treating anxiety disorders.
* Encourage clinicians to develop their own personal mindfulness routine.
* Encourage clinicians to recommend mindfulness-type practices to patients as an empowering alternative to anxiolytics.

**Method**

* Explore anxiety disorders from prevalence, to co-existence with depression, to current treatment options, outcomes, and the prevention of symptom relapse.
* As a result of this exploration, offer a fresh perspective based on the commonalities of anxiety disorders and a new approach toward their treatment.
* Review the new approach as an integration of practices and methodologies recognised as effective for anxiety disorders.
* [Provide **three** short live 3 minute demonstrations at GP18 - to enable clinicians to have their own direct experience of elements of the integrated approach].

**Results and Conclusion**

We explored the why, what and how of treating anxiety disorders.

* ‘*Why* is a fresh perspective on their treatment required?’ was answered by exploring their prevalence and the issue of permanent relief.
* ‘*What* do these clients have in common?’ While ‘anxiety disorders’ share features of anxiety and fear, a less noted commonality is that such patients appear to ‘skip’ the present moment, projecting past fears onto their future self. This feature favours working with timelines (real and imagined), as a container for past, present and future moments.
* ‘*How* to engage the commonalities of anxiety disorders for permanent relief?’ We discussed practices, processes and methodologies, recognised as effective for anxiety disorders, integrating them within a timeline framework.

**References**

Czernik, S.B. (2017) Tampering with Timelines in Trance: An Integrated Hypnosis Approach for the Permanent Relief of Anxiety Disorders. *Australian Journal of Clinical Hypnotherapy & Hypnosis, 39*(2), 12-28.

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