



ANXIETY: ON THE ROAD TO AN EFFECTIVE CURE



one in every four Canadians will suffer from
at least one anxiety disorder in their lifetime

EMOTIONAL REGULATION THERAPY WHAT IS IT?



A relatively new therapy for
those suffering from anxiety

emphasizes mindfulness and
“compassionate self talk”
against any troubling beliefs.

“The goals are to gain emotional
awareness and tolerance and to
begin to try to "catch yourself
reacting" in the moment.”

-Deborah R. Flasofer, PhD

Emotional Regulation Therapy has
proved higher successful
performance in those who have
received its' treatment than other
forms of therapies sought out for
anxiety, such as just cognitive
behaviour therapy

