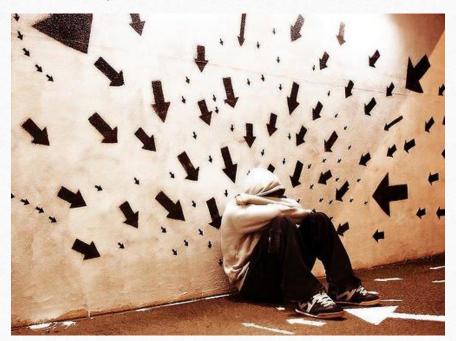
Social Anxiety Disorder

What Social Anxiety Disorder?

- Social phobia
 - "an anxiety disorder in which a person has an excessive and unreasonable fear of social situations" –WebMD
 - Anxiety and self-consciousness arise from a fear of being closely watched, judged, and criticized by others.

Symptoms

• Symptoms of Social Anxiety

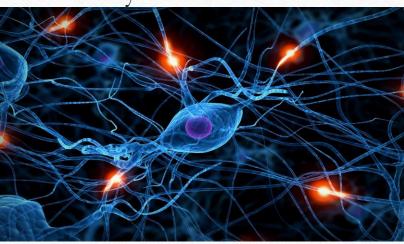


How Does Social Anxiety Develop?

- No gene that codes for social anxiety
- "Social anxiety cannot occur unless events, situations, and circumstances in the persons' environment 'push' or 'lead' the person to develop it"
- Brain is learning to be socially anxious
 - Cognitive structuring
- Fear of an event triggers anxiety, then the neurons in the brain fire together and over time wire together

The Brain

- The brain is creating new neural pathways
 - Neurons clump together and are associated with each other
- The associations trigger anxiety and release it into our system
 - Adrenaline
 - Cortisol



How Does it Feel?

- Fear
 - Especially of what people thing of you
 - Rejection from peers
- Apprehension
- Avoidance
- Pain
- Hiding what's wrong
 - Because they know its irrational
 - No one understands



Example

- A student won't attend the first day of class
 - Fear that the professor will instruct them to go around the room and introduce themselves
 - Thinking about introducing self makes them nauseous
 - Wont think clearly
 - Voice will quaver
 - Thought of it is too much to bear, so just skips the first day



Therapy

- Cognitive Therapy
 - Learning strategies, methods, and concepts that change the brain
 - Form new neural pathways that continue to grow; new feelings, beliefs, and thoughts
 - Done through repetition
- Creates permanent changes
 - Change neurology of the brain
- Through this people can overcome social anxiety disorder



Medications

- Yes, there are medications
- They only create a temporary fix
 - Will always need to take them



What Will You See in the Classroom?

- Difficulty transition from home to school
- Refusal to attend school
- Avoidance of activities with peers
- Low self-esteem
- Difficulty concentrating
- Learning disorders



Accommodations

- Establish check ins
- Accommodate late arrival due to difficulty separating
- Provide safe place
- Relaxation techniques: deep breathing
- Modify stressful situations
- Encourage small group interactions
- Avoid singling them out in front of class
- Reward child's effort



Works Cited

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