

Anxious or Stressed?

About Us

The Anxiety and Stress Disorders Program specializes in the treatment of anxiety and stress disorders. We provide assessment and treatment service to Canadian Forces, Veterans Affairs, and police force members. We also accept referrals from anyone in the community requiring assessment and treatment of anxiety and stress disorders. All clients undergo a thorough phone screening or in-person assessment to determine appropriateness for our clinic and to establish the best possible care plan. Assessment and care plans are based on state-of-the art scientific evidence.

How to Find Us

The Anxiety and Stress Disorders Program has offices located on the main campus at the University of Regina in Regina, Saskatchewan. Our offices are located in CK 211 on the second floor of the Centre for Kinesiology, Health, and Sport, which is at the east end of University Drive off of Wascana Parkway.

Please refer to the campus map located at www.aibl.ca for directions to our offices.

The campus has numerous metered outdoor parking lots as well as a convenient underground lot in the Centre for Kinesiology, Health, and Sport.



Anxiety and Stress Disorders Program

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Anxiety and Stress Disorders Program

Posttraumatic Stress Disorder

Generalized Anxiety Disorder

Operational Stress Injuries

Social Anxiety Disorder

Health Anxiety

Panic Disorder

Phobias

OCD



***Helping you
overcome anxiety***

**www.aibl.ca
Phone: 306.337.2473**

Our Program

Overview

The Anxiety and Stress Disorders Program is a specialty clinic that evaluates, treats, and studies anxiety and stress-related problems. We are one of the few clinics in Western Canada to offer specialized intensive outpatient treatment for severe anxiety and stress disorders. We also serve to educate the public and update healthcare professionals on the latest advances in knowledge and treatment of anxiety disorders.



What Are Anxiety and Stress Disorders?

All of us experience anxiety – uneasiness or apprehension about an anticipated event or situation – at some time in our lives.

Mild anxiety is common and often helps you identify and cope with stressful situations; however, when worries or fears interfere with your life and dictate the things you do (or don't do), you've moved beyond normal anxiety into potentially disabling conditions called anxiety and stress disorders.

Anxiety and stress disorders are often long lasting if left untreated. The good news is that there are a number of effective treatments options available.

Symptoms of Stress and Anxiety

- Racing heart, sweating, dizziness
- Panic attacks
- Uncontrollable nervousness
- Worry about your health
- Obsessive thinking
- Compulsive behavior
- Avoidance
- Social isolation
- Extreme fears (phobias)
- Tension
- Irritability
- Trouble sleeping
- Difficulty concentrating

When you have an anxiety disorder, your symptoms might progressively worsen if they are not treated appropriately. Untreated anxiety and its disorders may lead to difficulties with school, work, and social functioning. Anxiety and anxiety disorders may also increase your risk of depression, high blood pressure, heart disease, and other medical conditions.

Working with Insurance

Our program does not deal directly with insurance companies, except for members of the Royal Canadian Mounted Police, the Canadian Forces, and Veterans Affairs Canada. We are able to provide documentation so that your insurance company can reimburse you for any out-of-pocket expenses you incur.

Hours and Appointments

We offer flexible daytime hours.

Services

We begin with a comprehensive assessment to help determine the nature of the problem you are dealing with. We then provide feedback, treatment recommendations, and referral if necessary.

We offer individual and group cognitive behavioral therapy (CBT). During treatment, you will learn skills for dealing effectively with anxious thinking and behavior, tailored to your specific needs. Sometimes this may involve the help of a close friend or relative.

We also track your progress by evaluating your symptoms at various points during treatment. This ensures that you and your therapist have accurate feedback on how well treatment goals are being met. Treatment goals and progress are reviewed and discussed on an on-going basis.

Our Team

Gordon J. G. Asmundson, PhD, RD Psych.

Dr. Asmundson is an internationally renowned expert on the treatment of anxiety and its disorders and a leading researcher in the field, having published over 250 journal articles and book chapters, as well as several books.

R. Nicholas Carleton, Ph.D., RD Psych (Provisional)

Dr. Carleton trained with Dr. Asmundson at the University of Regina (2003-2010) and at the Operational Stress Injury Clinic in Calgary (2009-2010). He is an emerging international expert on the anxiety disorders and their treatment.