

Anxiety UK therapy modalities

Description

[Types of therapy](#)

[Free anxiety resources](#)

[Supporting others](#)

Anxiety UK provides access to a number of different style of talking therapy. TherapGuide® has been designed to help you decide which you may be most suited to.



TherapGuide[®]

by Anxiety UK



For more information on the different therapy types, click on the below links

- [Counselling](#)
- [Cognitive Behavioural Therapy \(CBT\)](#)
- [Compassion Focused Therapy \(CFT\)](#)
- [Clinical Hypnotherapy](#)

- [Eye Movement Desensitisation and Reprocessing \(EMDR\)](#)

To read more about different forms of therapy, [click here](#).

<https://www.anxietyuk.org.uk/wp-content/uploads/2023/06/Research-Shows-Anxiety-UK-Therapy-Services-High-Effective.mp4>

[FAQs about therapy services](#)