

Types of Therapy

Description

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Types of Therapy

Anxiety UK offers a range of therapies including those approved by the National Institute for Health and Care Excellence (NICE). A full list of therapies that are approved by NICE for specific anxiety conditions can be found below. Last updated: March 2022

Presenting condition	Recommended NICE treatment
GAD – Generalised Anxiety Disorder and panic in adults with or without agoraphobia	CBT and applied relaxation (CG113)
Panic disorder	CBT (CG113)
Social anxiety disorder in adults	CBT Psychodynamic psychotherapy (CG159)
Social anxiety disorder in children	Group CBT focused therapy to include psychoeducation and skills training for parents Individual CBT including exposure therapy (CG159)
Obsessive compulsive disorder (OCD) and Body dysmorphic disorder (BDD) in adults (other symptoms that come under OCD treatment are Trichotillomania and hoarding)	CBT including exposure response prevention (ERP) (CG31)
Obsessive compulsive disorder (OCD) and Body dysmorphic disorder (BDD) in children	CBT with ERP (CG31)
Irritable bowel syndrome (IBS) in adults	CBT Hypnotherapy and or psychological therapy (CG61 & QS114)

Presenting condition	Recommended NICE treatment
Depression in adults including Seasonal Affective Disorder (SAD)	CBT Counselling Psychodynamic psychotherapy (CG90)
Antenatal and postnatal mental health	Follow guidelines for Depression (CG192) Counselling CBT
Phobias	Mindfulness (Guidance from https://www.nhs.uk/mental-health/conditions/phobias/treatment/)

Presenting Conditions

[GAD – Generalised Anxiety Disorder and panic in adults with or without agoraphobia](#)

Recommended NICE Treatment CBT and applied relaxation (CG113)

[Panic disorder](#)

Recommended NICE Treatment CBT (CG113)

[Social anxiety disorder in adults](#)

Recommended NICE Treatment CBT
Psychodynamic psychotherapy (CG159)

[Social anxiety disorder in children](#)

Recommended NICE Treatment Group CBT focused therapy to include psychoeducation and skills training for parents
Individual CBT including exposure therapy (CG159)

[Post-traumatic stress disorder \(PTSD\) in adults](#)

Recommended NICE Treatment Individual trauma-focused CBT EMDR
Cognitive processing therapy
Cognitive therapy for PTSD
Narrative exposure therapy
Prolonged exposure therapy
EMDR
Trauma-focused computerised CBT (NG116)

[Post-traumatic stress disorder \(PTSD\) in children and young people](#)

Recommended NICE Treatment CBT for age 7 to 17 years
EMDR for age 7-17 years
EMDR for age 7-17 (NG116)

[Obsessive compulsive disorder\(OCD\) and Body dysmorphic disorder \(BDD\) in adults \(other symptoms that come under OCD treatment are Trichotillomania and hoarding\)](#)

Recommended NICE Treatment CBT including exposure response prevention (ERP) (CG31)

[Obsessive compulsive disorder \(OCD\) and Body dysmorphic disorder \(BDD\) in children](#)

Recommended NICE Treatment CBT with ERP (CG31)

[Irritable bowel syndrome \(IBS\) in adults](#)

Recommended NICE Treatment CBT
Hypnotherapy and or psychological therapy (CG61 & QS114)

[Depression in adults including Seasonal Affective Disorder \(SAD\)](#)

Recommended NICE Treatment CBT
Counselling
Psychodynamic psychotherapy (CG90)

[Depression in children](#)

Recommended NICE Treatment CBT
Interpersonal Therapy (NG134)

[Self-harm in over 8s](#)

Recommended NICE Treatment Psychological intervention that is structured specifically for self-harm (CG133)

[Antenatal and postnatal mental health](#)

Recommended NICE Treatment Follow guidelines for Depression (CG192)

[Phobias](#)

Recommended NICE Treatment Counselling
CBT
Mindfulness (Guidance from <https://www.nhs.uk/mental-health/conditions/phobias/treatment/>)

[Click here to access a glossary of therapies](#)

Please note, we do not offer all the different types of therapies on the list.



