ABSTRACT

Effectiveness of autogenic therapy for a university student with severe social anxiety disorder: Case report

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Although cognitive behavioral therapy is recognized to be effective for social anxiety disorder, it is difficult to conduct a verbal therapy for clients with severe anxiety or tension because of the difficulty they have in expressing their cognition, thoughts, and emotion. For these cases, autogenic therapy is effective. However empirical evidence of autogenic therapy for social anxiety disorder has not been established. We conducted the standard exercise of autogenic therapy for a university student with social anxiety disorder accompanied by severe anxiety and tension. The primary measure for anxiety and tension was Liebowitz Social Anxiety Scale and the secondary outcome were Anxiety Sensitivity Index-3 and trait anxiety of State-Trait Anxiety Inventory-Form JYZ. After 36 sessions of counseling, all of the scores decreased and his verbal expression was improved as the therapy progressed. This case suggested that autogenic therapy might be effective for improvement in symptoms for social anxiety disorder in university students.

Key Words: autogenic therapy, social anxiety disorder, student counseling, university students