

# Relieving Anxiety



**Michael Telch**

Professor, Psychology Director, Laboratory for the Study of Anxiety Disorders Director, Clinical Psychology Program

## CURRENT RESEARCH

Investigating the causes and cures of PTSD, anxiety, and phobias

Dr. Michael Telch - a professor in clinical psychology and Director of the Laboratory for the Study of Anxiety Disorders at The University of Texas at Austin - is internationally recognized for his research on the nature and treatment of anxiety-related mental disorders. Dr. Telch's anxiety research focuses on two fundamental questions: (a) Can existing psychological treatments for anxiety-related disorders be improved so that more anxiety sufferers achieve full long-term recovery? and (b) Will enhanced knowledge of the "causes" of specific anxiety disorders allow us to develop intervention strategies for preventing anxiety disorders from ever developing? Dr. Telch's current treatment studies focus on taking advantage of recent scientific discoveries on brain "neuroplasticity" and integrating that new knowledge into the design of more effective treatments for anxiety-related disorders such as PTSD, panic, and phobias. His risk factor research on PTSD is discovering new causes of PTSD among soldiers deployed to a war zone, which ultimately may provide important clues for preventing PTSD. Dr. Telch also maintains an active clinical practice specializing in the treatment of anxiety-related disorders. He and his doctoral students draw heavily on their treatment development research when working with anxiety patients in the clinic. Dr. Telch's research is unique in that it combines cutting edge research on treatment development, hands on clinical work with real anxiety patients, and basic research on the nature and causes of anxiety disorders.

Making Progress in Developing New Treatment for Anxiety Sufferers

Over the past 40 years, research on developing new psychotherapies for the...

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## AFFILIATION



The University of Texas at Austin

## EDUCATION

- Postdoctoral Fellowship in Department of Psychiatry 1986, Stanford University School of Medicine
- Ph.D. in Counseling Psychology 1983, Stanford University
- M.A. in Applied Behavior Analysis 1977, University of the Pacific
- B.S. in Psychology 1975, University of Massachusetts

## AWARDS

- Graduate Teaching Award, Department of Psychology, UT Austin, 2012-2014
- Honorary Revez Professor of Clinical Psychology, University of Amsterdam, 2010
- Fellow, Association for Psychological Science, 2009-present
- Fellow, Association for Advancement of Applied and Preventive Psychology, 2008-present
- National Research Award, American Association of Counseling and Development, 1987

## RESEARCH AREAS

Humanities, Psychology, Veteran's Causes, Neurological / Cognitive

## FUNDING REQUEST

Your contributions will support the completion of both ongoing and future treatment studies on PTSD and other anxiety-related disorders. Typical research projects require about \$200K/year in personnel, materials, and patient payment costs. Your donations will provide much needed funds for new treatments and prevention programs that assist individuals suffering from PTSD and other anxiety-related problems.