

D.P (21-year-old man)

Male project participant, student of psychology, lives with his mother in Pale, Istočno Sarajevo. The project participant came to the Centre presenting symptoms of a social anxiety. The project participant's father was killed during the war, when the project participant was three months old. When the project participant was 8 years old, he was diagnosed with epilepsy.

The project participant describes his mother as overprotective. Additionally, the life style the project participant has due to his epilepsy keeps him away from many social situations.

When the project participant is faced with certain social situation he reacts with high anxiety. He describes the following symptoms: rapid heartbeat, tremoring hands, trembling voice, and flushing.

After the completion of the assessment, the psychologist started treating social anxiety with cognitive-behavioural therapy (CBT).

The CBT treatment included:

- Management of Anxiety;
- Exposure to Social Anxiety-Inducing Situations;
- Relaxation Treatment;
- Cognitive Interventions.

After the treatment, the project participant was able to fulfil his individually set goals, including increased tolerance to anxiety and the ability to socialize with people with decreased anxiety.