

B.M (31 year old woman)

The project participant came to the Centre with complaints involving significant anxiety in the following situations: crowded places, taking public transportations, participating in group activities. The situations provoke panic attacks with the following symptoms: heart palpitations, hyperventilation, feelings of derealisation and depersonalization, dizziness.

The project participant lives in Zenica, where she has no access to adequate mental health care. She is married with two small children, and she is unemployed. The presented problems keep the project participant from seeking a job or returning to her faculty to finish her remaining exams.

The project participant went through 14 sessions of cognitive-behavioural psychotherapy (CBT). The CBT treatment included:

- Muscle Relaxation and Abdominal Breathing;
- Construction of Fear Hierarchy and In Vivo Exposure;
- Cognitive Restructuration;
- Stress Management.

The project participant showed many improvements including an increased sense of anxiety control, reduction in physiological responses associated with anxiety, and she stopped avoiding crowded places.

The project participant decided to study in order to take her remaining exams, which will enable her to get a diploma and to be more successful on the job market.