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Integration Of Autogenic Training and Cognitive-Behavioural Techniques for Treatment of Gad: An Illustrative Case Study

Jonida Mustafaraj

University of Elbasan "Aleksander Xhuvani", Albania

Abstract

Generalized Anxiety Disorder is a mental disorder that is treated by many mental health professionals. Cognitive-Behavioral Therapy Techniques has been proven to be effective for clients by helping them restructure their cognitions, which significantly reduces anxiety symptoms. Autogenic training (AT) is a relaxation technique to relieve physical tension, reduce anxiety, and improve psychological well-being (Yumkhaibam, et al, 2023). The study involved a case diagnosed with Generalized Anxiety Disorder. The case was administered instruments such as: Beck Anxiety Inventory, Penn State Worry Questionnaire; Severity Measure for Generalized Anxiety Disorder - Adult. The aim of this study was to create an approach that integrates Autogenic Training with Cognitive-Behavioral Therapy Techniques, to be effective in reducing anxiety symptoms. This study also aims to demonstrate the effective use of a case study, in analyzing the effects of combining Autogenic Training with Cognitive-Behavioral Therapy techniques and the impact of this approach on anxiety. Data analysis was based on psychological analysis and objective measurements of clinical instruments. The results showed a reduction in anxiety and worry symptoms, increased psychological and emotional well-being, learning new skills to cope with anxiety symptoms in the future, increased ability to control irrational thinking through the use of Cognitive-Behavioral Therapy techniques, learning skills to relax independently in the future by working with Autogenic Training. Further research is needed to assess and identify these specific factors that alleviate anxiety and other relaxation exercises may be used. It may also be supportive for other studies in the clinical field, in the creation of a treatment guide.

Keywords: Generalized Anxiety Disorder, Cognitive-Behavioral Therapy, Autogenic Training