

Coming Off Medication and Coping with Anxiety Through Therapy

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Introduction

We have all experienced anxiety and have a sense of what it is. It is so natural as a basic emotion that it is even experienced throughout the animal kingdom. If you've ever seen a deer come out of the woods into a clearing, that look is the look of anxiety. She wants to come out and graze but is uncertain of the presence of danger.

Handling anxiety is also a significant problem in many people's lives and anxiety itself is a common symptom that brings individuals to treatment. As a result many people view anxiety as bad, something to be eliminated. This is the basis for many approaches to anxiety such as meditation and relaxation techniques as well as the usual psychiatric treatment that relies on medication to alleviate feelings of anxiety. Medical orgone therapy, on the other hand, utilizes a fundamentally different approach to treat anxiety.

To understand how different, we should define what anxiety is. Although often thought of in terms of psychology or physiology, from an orgonomic perspective, anxiety, like other emotions, is our experience and perception of excitation and movement of orgone energy in our body. Specifically, anxiety results when an energetic expansion is met by an energetic contraction or vice versa, when an energetic contraction is countered by an expansion. This may occur when any emotion or impulse is prevented from being fully expressed. For example, expansive, joyful excitement might be held back by insecurity or uncertainty, such as when a man, excited by a particular woman, hesitates to call her out of concern about her reaction. On the other hand, contraction in sadness or grief might cause anxiety when countered by a need to appear expansive and happy. Any conflicting emotions or impulses can create

anxiety. The conflict may be based on an objective perception of the situation and be rational, or it may be neurotic.

Because anxiety is disturbing we may block or armor against it, as we might against any intolerable feeling, by holding back our breathing and tensing our muscles. The effect is to deaden the intensity of emotional excitation and/or dull the perception of it. We may also fend off anxiety with attitudes that override one side of our conflicting emotions and impulses. In the previous examples, the man may dampen his anxiety by assuming a skeptical attitude and give up his desire to call the woman, while the grieving person may lessen his anxiety by completely suppressing his sadness with forced jocularity.

While armoring may partially or temporarily reduce feelings of anxiety, it actually compounds the problem because armor also blocks effective energy discharge. This and the result, more energy behind the emotion or impulse, create the very conditions for increased anxiety, usually requiring even more armor. Neurotic anxiety and symptoms such as phobias, obsessions, compulsions and hysterical reactions are fueled by this undischarged energy.

Contemporary conventional medicine attempts to relieve this condition with anti-anxiety medications such as Valium, Ativan and Xanax, which deaden both energy excitation and its perception. Prozac, Zoloft, Paxil and other selective serotonin reuptake inhibitors (SSRIs), that have become increasingly popular over the last decade or so, appear to work by specifically decreasing energy excitation. *Medications, therefore, produce their effects by duplicating or reinforcing the armoring process.*

In contrast, medical orgone therapy helps dissolve the patient's armor—chronic, characteristic, defensive attitudes and muscular rigidity. In the process, tolerance and capacity for energy excitation is increased and satisfying outlets for energy discharge are found. To accomplish this, the patient must tolerate anxiety and must learn to function with anxiety, not armor against it. The result is that the person may, at times, experience *more* disturbing feelings, but he will

