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**One Hour AT A Time  
Archives Available  
September 28th 2015: Anxiety and Depression**

Anxiety and Depression are two of the most common complaints in therapy, and it is not unusual for clients to suffer from both simultaneously. Our guest today unravels the complexity of this common comorbidity and highlights some of the common types of comorbid clients, ranging from the "low energy" (depressed) on one end to the "high anxiety" (anxious) on the other, and everything in between.

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**Featured Guest**



**Margaret Wehrenberg**

Margaret Wehrenberg, Psy.D., is a Licensed Clinical Psychologist and an expert on the treatment of anxiety and depression. She has extensive training and expertise in the neurobiology of psychological disorders. She is co-founder of the Reflex Delay Syndrome (RDS) Research and Training Institutes, founded to promote research and treatment for this disorder affecting academic, social and emotional functioning in children. She earned her M.A. specializing in psychodrama and play therapy with children. She was trained in addictions counseling and has years of experience in that field, working with the U.S. Army in Germany and Lutheran Social Services in Illinois before beginning a private psych

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