

SOCIAL ANXIETY & SHYNESS THERAPY GROUP

12 WEEK TREATMENT PROGRAM



- Do you worry about being judged, evaluated, or criticized by others?
- Do you experience anxiety or panic in social or performance situations?
- Do you fear that people will notice your anxiety and think less of you?
- Do you avoid social or performance situations because of your fears and anxiety?
- Does your anxiety restrict your ability to fully enjoy life?

You may be suffering from Social Anxiety Disorder (Social Phobia), a condition that affects more than 32 million Americans.

We are offering a 12-week group that utilizes Cognitive-Behavioral Therapy (CBT), a highly effective treatment to overcome social anxiety. CBT does not require the use of medications, but is effective with or without medication.

Participants will learn to:

- **Change self-defeating patterns of fearful or negative thinking**
- **Develop coping skills for entering into social situations**
- **Develop a greater confidence and better self-image in social situations**

Where: The Cognitive Therapy Institute (www.cognitivetherapysandiego.com)
3262 Holiday Ct. Suite 220, La Jolla, CA 92037 (near I-5 & La Jolla Village Dr.)

When: Call (858) 450-1101 to schedule an individual assessment (*\$120) required prior to start of group.

Fee: \$60 per session (90-minute sessions)* individual assessment (\$120) required prior to start of group.

Call (858)450-1101 for more information