

**THERAPY GROUP**



Do social situations make you feel anxious or overwhelmed?

# OVERCOMING SOCIAL ANXIETY GROUP



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# OVERCOMING SOCIAL ANXIETY GROUP

The thought of a group setting for people with social anxiety can be scary and intimidating. So, you might think it doesn't make sense to invite socially anxious people to a therapy group.

In our experience, though, the group setting is ideal for people to overcome their social anxieties and see that they're not as isolated as they might imagine.

We're sensitive to how difficult it might be, whilst also offering a structured therapy plan that will help with feeling overly self-conscious, anxious in social situations and worrying too much about what other people think.

## What to expect in the sessions

Led by an experienced therapist in the treatment of social anxiety, you'll be taught how social anxiety works, and how we can make improvements by challenging our thinking and changing our behaviour. This is all done in a patient and gradual way, so that you can build confidence at your own pace.

During the group sessions, you won't be put on the spot or asked to take part if you don't want to. We'll just ask that you come along with an open mind and an attitude of wanting to make positive changes.

## Session content

During the sessions, there will be a combination of educational presentations, group and individual therapy tasks and group discussion. Over the course of 12 sessions, the focus is on making positive changes that improve social confidence and challenge anxious thinking. You'll also notice that out-of-session tasks are important in getting the most from the therapy group.

## Who will benefit

We know it can take some people a number of years to ask for help for social anxiety. So, we designed the group so that it's suitable for people that may have been struggling for a relatively long or short time, with social anxiety. You may benefit more from a different approach if your social anxiety is one of a number of problems, such as depression, but we can help you to figure that out.

## Benefits of group therapy

- Share experiences and gain support from others who understand what you're going through
- Learn practical skills that you can apply in your daily life to improve confidence
- Working in a group can boost your motivation and commitment to making positive changes
- Regular sessions and homework assignments help keep you on track