

# *Excessive Worry and Anxiety?*

## A CBT Treatment Group for Generalized Anxiety Disorder



**Generalized Anxiety Disorder (GAD)** is characterized by constant, excessive, unproductive worry about many different things (health, finances, work, tasks, performance, etc). It causes mental and physical fatigue, reduces productivity, affects your health, and interferes with the ability to relax and enjoy life. GAD affects 6.8 million adults, or 3.1% of the U.S. population, in any given year. You can benefit from this therapy group if you have some of these symptoms, and in particular if you have experienced three or more of the symptoms below on most days, for at least six months.

- ✓ Excessive worry about a number of events, activities, risks, or responsibilities
- ✓ Restlessness or feeling keyed up or on edge
- ✓ Being easily fatigued
- ✓ Difficulty concentrating or mind going blank
- ✓ Irritability
- ✓ Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep)
- ✓ Muscle tension ✓Gastrointestinal problems (gastric reflux, IBS, nausea, ulcers)

We are offering a **15-week therapy group** that utilizes an evidence-based, Cognitive-Behavioral Therapy (CBT) approach specifically developed for GAD. This recently advanced approach has increased the effectiveness of treatment for this chronic, challenging disorder by including:

- **Metacognitive Therapy** (responding to and changing assumptions and patterns of thinking)
- **Mindfulness** (directing attention to the present moment, in a calming way)
- **Distinguishing productive vs. unproductive worry**, letting go of unhelpful, stressful thinking

**Leader:** James L. Shenk, Ph.D. # PSY11550, Director, Cognitive Therapy Institute, APC  
Diplomate, The Academy of Cognitive Therapy ([academyofct.org](http://academyofct.org))

**Where:** The Cognitive Therapy Institute ([www.cognitivetherapysandiego.com](http://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, required prior to start of group.

**Fee:** \$80 per session (90-minute sessions) [\*Initial, individual assessment \$225]

Call (858)450-1101or see [www.cognitivetherapysandiego.com](http://www.cognitivetherapysandiego.com)