

# 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](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 (\*\$225)

**Fee:** \$80 per session (90-minute sessions)\* individual assessment (\$225) required prior to start of group.

**Call (858)450-1101 for more information**