

WHERE

The Cognitive Therapy Institute
3262 Holiday Ct. Suite 220,
La Jolla, CA 92037

WHEN

Call **858 450 1101** to schedule an
intake assessment with:
Zev Kluner, Psy.D.

FEE

\$150 Intake Session (Required)
\$65/ 90 group session

WHAT

- **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?**

PARTICIPANTS WILL LEARN

- **CHANGE PATTERNS OF FEARFUL THINKING, WORRYING, AVOIDANCE AND SELF-CRITICISM**
- **DEVELOP COPING SKILLS FOR ENTERING INTO SOCIAL SITUATIONS EFFECTIVELY**
- **DEVELOP GREATER CONFIDENCE AND A BETTER SELF IMAGE IN SOCIAL SITUATIONS**



Please call **858.450.1101** to be added to the waitlist