



Dungeons & Dragons Social Anxiety Group



Starting this summer, we will begin a therapy group focused on using **Dungeons and Dragons** as a treatment for mild to moderate **social anxiety** in adolescents, **ages 14 to 17**. Through Dungeons and Dragons, teens will process their anxiety and learn new ways to cope/manage anxious thoughts. Topics that will be covered over the duration of our adventures include, but are not limited to: distress tolerance, emotional expression, self-advocacy, and ways to respond to criticism.

No prior Dungeons and Dragons experience is necessary!

The group will take place on **Mondays** starting at the **end of June or early July through the end of August** depending on interest. Sessions will run from **10am to 12pm** or **5pm to 7pm** depending on participant availability.

The group is planned to have **4 to 6 participants**. Group will take place at the **Pittsburgh PCIT and Counseling office** located at:

1130 Perry Highway
Suite 118
Pittsburgh, PA 15237

Group will be run by Michael Christiansen, LPC and pre-doctoral student Theresa Buczek, MA.

For further information, please contact **Michael Christiansen** by email at mike@pittsburghpcit.com.

We look forward to working with you!



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