

SOCIAL ANXIETY & SHYNESS GROUP

Social anxiety affects more than 32 million Americans. Social anxiety often causes discomfort. It restricts social activity, employment opportunities, and one's ability to enjoy a full life. Symptoms of social anxiety that will be addressed in the group therapy include:

- Fear of being evaluated, judged, or criticized by others and increasing self confidence
- Sweating, trembling, raised heart rate, blushing, stumbling over words, etc.
- Concern that anxiety symptoms will be noticed by others and will result in being embarrassed or rejected
- Fear of attending or talking with others at social gatherings (parties, weddings)
- Shyness and anxiety about dating or other relationships
- Anxiety about speaking in public (small or large groups), eating in restaurants or other social situations

Receive support from others who are experiencing similar challenges, practice the skills to build self-confidence and overcome your social anxiety in this open-ended group that utilizes Cognitive-Behavioral Therapy (CBT) and Mindfulness Based Stress Reduction. CBT and MBSR have proven to be highly effective in the treatment of social anxiety and the prevention of relapse. CBT does not require the use of medications, but can be helpful for those who are taking medications.

Participants will learn to:

- Apply relaxation techniques such as breathing and visualization
- Change self-defeating patterns of fearful or negative thinking
- Develop coping and assertiveness skills for entering into social situations
- Develop a greater confidence and better self-image in social situations

Group Shani Robins, Ph.D. (PSY 18795) is a licensed psychologist and has conducted individual and group therapy for 15 years with a wide range of clients. He is an instructor at Stanford University & the director of graduate clinical training

Where: Wisdom Therapy Institute
Palo Alto, CA

When: The group will meet once a week at 8:00 pm and will be ongoing

Please contact Shani Robins, Ph.D. at (650) 490.0069 or shani@wisdomtherapy.com for additional information about the group.

Fee: \$65 per session (90-minute sessions). Discounted to \$55 if paid monthly in advance. Initial individual consultation session required prior to start of group.