

The ANXIETY & STRESS MANAGEMENT INSTITUTE

1640 Powers Ferry Road • Building 9 • Suite 100 • Atlanta • Georgia 30067 • 770.953.0080

Social Anxiety Therapy Group

Led by

Aaron Feldman, PhD

Location

The Anxiety & Stress Management Institute

Day & Time

Tuesdays (Starting January 12, 2010)

5:30 - 6:45 pm

Contact

All inquiries contact our Intake Coordinator

Phone: 770.953.0080 Ext. 302 or Email: Info@StressMgt.net

This group is based on well-researched treatment strategies that have been determined to be the most effective in treating this often debilitating disorder. Social anxiety may be at the core of several different kinds of presenting concerns. These may include fear of public speaking, feeling intimidated by certain people, eating or drinking in front of others, using public restrooms, being the center of attention, making a mistake in front of other people, attending social gatherings, etc.

We will help you . . .

- ◆ Identify the underlying aspects of your self-consciousness
- ◆ Manage the physical sensations of your anxiety
- ◆ Increase self-esteem and self-confidence
- ◆ Become more assertive and improve social skills
- ◆ Change self-talk and underlying core beliefs
- ◆ Face the situations you fear. We'll be doing this in both role-play activities at the Institute as well as out in public. All of the experiences will be done gradually, according to a hierarchy that you create and feel ready to face.

This kind of group inspires camaraderie and a sense of pride and accomplishment as you grow increasingly more confident.
It's great to watch people truly blossom!