

ANXIETY AND DEPRESSION CENTER

**Shanna Farmer, M.S., MFT
Dennis Greenberger, Ph.D.**

ANXIETY AND DEPRESSION GROUP COGNITIVE BEHAVIORAL THERAPY

**1 Individual Intake/Screening Session
12 Group Sessions – 90 Minutes Each**

Group members will learn fundamental CBT principles in order to alleviate symptoms of anxiety and depression. A cost effective alternative to individual psychotherapy or as an adjunct to treatment with psychotropic medications. Participants will learn how to identify, evaluate and alter thoughts and behaviors contributing to their distress. Group members will also learn how to utilize gratitude logs, forgiveness exercises, acceptance and mindfulness to feel better.

Please Call (949) 222-2848 For More Information

AnxietyAndDepressionCenter.com

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