

ANXIETY AND DEPRESSION CENTER

**Shanna Farmer, M.A., LMFT
Dennis Greenberger, Ph.D.**

***MIND OVER MOOD* GROUP COGNITIVE BEHAVIORAL THERAPY**

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

Group cognitive behavioral therapy utilizing *Mind Over Mood* as the treatment manual. Group members will learn fundamental CBT principles in order to alleviate symptoms of anxiety, depression, anger, guilt or shame. 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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