

ANXIETY AND DEPRESSION CENTER

Dennis Greenberger, Ph.D.

Robert Yeilding, Psy.D.

SOCIAL ANXIETY GROUP COGNITIVE BEHAVIORAL THERAPY

1 Individual Intake/Screening Session

12 Group Sessions – 90 Minutes Each

The treatment of choice for social anxiety disorder is group cognitive behavioral therapy. These groups are based on years of research looking at what produces fundamental and lasting change. Group sessions include psychoeducation, graduated and prolonged exposure, cognitive restructuring, anxiety management strategies, weekly between session, homework assignments, and relapse prevention

Please Call (949) 222-2848 For More Information

AnxietyAndDepressionCenter.com

1500 Quail, Suite #250, Newport Beach, CA