

OVERCOMING SOCIAL ANXIETY

A PSYGLOBAL LIFESKILLS SERIES PRESENTATION

Weekly Group Therapy Meetings



Are you afraid of being judged by others or of being embarrassed all the time? Do you feel extremely fearful and unsure around other people most of the time? Do these worries make it hard for you to do everyday tasks like run errands, or talk to people at work or college?

What is Social Anxiety?

Anxiety is normal. It helps us get out of harm's way and prepare for important events. It warns us when we need to take action. But if you have anxiety that is persistent, overwhelming, limits work efficiency, interferes with daily activities and makes it difficult to develop friendships, you may need to consider seeking professional help. PsyGlobal's Group Therapy Program for Social Anxiety can help you get your life back.

How Can We Help?

PsyGlobal's Group Therapy Programme for Overcoming Social Anxiety is based on scientifically validated cognitive-behavioral treatment strategies. Sessions are designed to help you practice new methods of dealing with situations that might lead to anxiety. People are usually relieved to find an entire group of people who have social anxiety just like they do. In a safe group environment, they are encouraged to confront their anxiety and change the way they think and feel about certain social circumstances.

Group therapy has been shown through several decades of research to be very effective in the treatment of social anxiety. Group Therapy is one of the first choices for treatment as it has no side effects unlike medication, while individual therapy lacks an outlet for social interaction.

Is This Programme For Me? It is, If:

- You are willing to share your experiences with other participants.
- You do not suffer from any other psycho-emotional disorder or severe psychological distress.
- Are above 18 years of age.

It Is Not If:

- You cannot attend meetings at the same time and day each week.
- Are dependent on alcohol or other drugs and use them excessively.
- Have other major psychological or emotional issues that need to be addressed.



Meeting Details

Session Schedule: 1 Individual Assessment Session followed by Group Sessions every Tuesday starting from 8th April, 2014; 5:00 PM to 6:30 PM

Fee: Rs. 500/- per person per session. You may choose to avail 1 free session by paying for 10 sessions in advance at the time of registering. **Please note that the fee is non-refundable under any circumstances.**

Lead Facilitator: Mrs. Nitasha Borah (Licensed Clinical Psychologist & Arts Based Therapist)

Venue: Indian Institute Of Languages & Technologies, Dr Braganza Pereira Road, 1st Flr., Pissurlekar Tower, St. Inez, Electricity Colony, Near Taj Vivanta, Altinho, Panjim

To Participate: Since there are only 10 places available in the programme, we strongly advise you to register beforehand. You will be required to schedule an Individual Assessment Session before joining the Group to ensure that you meet the clinical requirements for group participation. It will also give you a chance to ask any questions you may have. (Individual sessions are available at Porvorim & Mapusa only.). Once you are cleared for participation, you can register at the Meeting Venue by paying the session fees before each session.



For more information about the Programme, please do not hesitate to get in touch with us at:

contact@psyglobal.com, (91) 7743963456
www.psyglobal.com