

SOCIAL ANXIETY GROUP THERAPY

What is Social Anxiety

Social Anxiety or Social Phobia is defined as severe anxiety when a person is afraid of embarrassment, humiliation, or rejection in social interactions. This is often triggered in situations where a person must speak in front of a group; meet new people, or when they are in social settings.

Benefits

Group therapy is a form of psychotherapy that helps people better understand themselves and relate to others. People will learn more about themselves in social situations during group therapy.

Going to a group with others who experience the same social anxiety challenges helps people realize they are not alone. This creates a supportive environment that allows people to be themselves without judgement.



SESSION THEMES

1. Self Esteem building
2. Coping skills and Positive Thinking
3. Exposure Activities to overcome Social Anxiety
4. Exposure Activities - Strategies to overcome fearful patterns
5. Communication skills and Problem solving



Location: ReACH Psychiatry (The Clinic, 4th Floor)-
#319, 7th main, HRBR Layout, Kalyan nagar,
Bangalore-43 (Landmark- Above health and glow,
opposite Banaswadi Metropolitan club)

Price: Rs. 2,000/Session