

# Social Anxiety Group



## Group will focus on the following:

- Psychoeducation about social anxiety.
- Understanding and addressing "safety" behaviors.
- Testing out feared social situations in a deliberate, gradual manner ("exposure").
- Identifying thought patterns that maintain social anxiety and developing new ways of thinking.
- Learning and practicing new social skills through role-playing.
- Relaxation and mindfulness training.
- Homework assignments to continue progress in between sessions.

### Logistics and contact information

Group will be held Wednesday evenings, 7:30pm-8:45pm.

One week off each month.

### **Admission is on a rolling basis.**

For additional details, contact Dr. Megan Wagner  
213-375-8671 or [meganwagnerphd@gmail.com](mailto:meganwagnerphd@gmail.com)

## CBT Approach to Facing Social Anxiety

### Treatment Rationale:

- The gold standard for treating social anxiety disorder is cognitive-behavioral therapy (CBT) that incorporates symptom-specific treatment techniques as described above. Treatment addresses cognitive and behavioral patterns that maintain social anxiety. Clients are challenged to develop new ways of thinking (cognitive restructuring) and behaving (practicing new skills, exposure to feared social cues, eliminating safety behaviors). Relaxation and mindfulness training provide additional benefit.
- CBT for social anxiety can be conducted in an individual or group format. Many clients benefit from a combination of individual and group therapy.
- Advantages to group therapy include
  - Opportunity to identify with others with similar experiences.
  - Often more affordable than individual therapy.
  - Group format offers real-time exposure to a social situation in a safe environment.
  - Can be used as an adjunct to individual therapy. Dr. Wagner will coordinate care with clients' individual providers, for those clients who are using group as an adjunct to individual therapy.

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