

CBT GROUP FOR ADULTS WITH SOCIAL ANXIETY

UNIVERSITY OF WATERLOO CENTRE FOR MENTAL HEALTH RESEARCH & TREATMENT

GROUP FOCUS: Imagery-Based Cognitive Behavioural Therapy (CBT) for Social Anxiety Disorder

TIME and DURATION: Tuesdays @ 4-6 pm; 13 total sessions, with Dec break for winter holidays

DATES: First 8 weekly sessions from Oct 18, 2022, to Dec 6, 2022. Another 4 weekly sessions after winter break from Jan 10-31, 2023. Final 1-month follow-up session on February 28, 2023

PLACE: University of Waterloo Centre for Mental Health Research and Treatment (CMHRT), PAS 1401

GROUP LEADERS: Senior Doctoral Students in Clinical Psychology

SUPERVISOR: David A. Moscovitch, Ph.D., C. Psych.

MAXIMUM NUMBER OF CLIENTS: 8

DESCRIPTION: CBT is a time-limited, empirically-supported treatment that educates and empowers clients to identify and change maladaptive interactions between emotions, thoughts, and behaviours that sustain and perpetuate problematic symptoms. Therapeutic content in this group will focus on the central role of *mental imagery* in the development and persistence of social anxiety symptoms. Therapy will consist of a combination of weekly group sessions and individualized homework assignments. The group structure is designed to enable clients to share common challenges and assist one another in the acquisition of new skills. Group members will learn to confront anxiety-provoking situations within a safe and supportive environment. Clients most likely to benefit from this therapy group are those dedicated and committed to prioritizing their treatment and working on assigned homework tasks between sessions.

TREATMENT COST: Fees for group treatment are based on a sliding scale ranging from \$30 to \$60 for each 2-hr session. Weekly payment is due at time of services for all clients, including UW students. Clients may be able to access insurance benefits for reimbursement. We do not offer direct billing but will provide clients with a receipt for insurance reimbursement.

ELIGIBLE CLIENTS: Individuals with significant social anxiety symptoms who can *commit to attending group therapy sessions at the stated times and dates*. **Spaces fill up quickly, so please refer potential clients ASAP. Pre-group assessments begin in August 2022 and continue until the group is filled.**

HOW TO REFER: Interested clients should complete the simple intake form at the following link: https://uwaterloo.ca1.qualtrics.com/jfe/form/SV_1Mk1D8oOIC5X2AK. They may also contact the CMHRT by phone at 519-888-4567 x33842 or by email at cmhrintake@uwaterloo.ca. Interested clients should specify that they are interested in the Social Anxiety Group.

OTHER IMPORTANT INFORMATION: Fall 2022 is the first time this popular in-person group is offered at the CMHRT since before the start of the COVID-19 pandemic. Clients who express interest in participating will be contacted by CMHRT staff to arrange a detailed assessment to determine their eligibility for the group. Non-eligible clients will be referred to the individual waitlist at the CMHRT. *CMHRT is dedicated to client safety and confidentiality. Please see our website for more information.*