

Adolescent Social Anxiety Treatment Group

Anxious, Nervous, Shy ???

Are you or your teen bothered by...

- Meeting new people?
- Having to speak in front of others?
- Nervousness when talking to people?
- Anxious feelings when you are the center of attention?
- Does your heart race, do you blush, or get an upset stomach when in social situations?
- The feeling that you have made a fool of yourself when you talk to others?

Based on the latest scientific research, the Social Anxiety Treatment Group is an opportunity to develop skills to better cope with your anxiety! Teens will learn to...

- Become more comfortable in social situations.
- Examine the way you think about being negatively evaluated.
- Cope with anxious thoughts and feelings.

Groups meet on a weekly basis for 12 consecutive weeks, beginning October 1, 2018. Sessions will be on Thursdays from 5:30-7:00pm. There is a \$30 intake session fee, and each session after that is \$25. There is also a one-time \$20 materials fee. All intake sessions will be completed prior to Oct. 1st.

For more information about this and other groups, contact the GMU Center for Psychological Services (<http://psychclinic.gmu.edu/>) at (703) 993-1370. We are located near the Fairfax campus at 10340 Democracy Lane, Suite 202 in Fairfax, VA.

*** Interested participants will be screened to ensure that treatment is appropriate for them. You must be between the ages of 13-17 to participate. ***