

# Social Anxiety Treatment Group

## Anxious, Nervous, Shy ???

### Are you bothered by...

- Anxious feelings when you are the center of attention?
- Nervousness when talking to people?
- Meeting new people?
- Heart palpitations, upset stomach, or blushing when in social situations?
- Having to speak in front of people?
- 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. You will learn to...

- Challenge the ways you think about being negatively evaluated.
- Cope with anxious thoughts.
- Implement relaxation techniques.
- Learn to more comfortably enter into social situations.

This 10-session group is held for 10 consecutive weeks at the George Mason University Center for Psychological Services near the Fairfax campus. Each session has a fee of \$5 which can be paid weekly. This group is scheduled to begin February 23, 2009 at 7:00 pm

**For more information or to register, contact the GMU Center for Psychological Services (<http://psychclinic.gmu.edu/>) at (703) 993-1370 by February 13, 2009. The clinic is located 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 18 or older to participate. \*\**