

# STAGE FRIGHT!!!!

## NEW THERAPY GROUP FOR STAGE FRIGHT AT THE CENTRE FOR COGNITIVE BEHAVIORAL THERAPY

8 weekly sessions; Commencing Fall 2015

### Is this group right for you?

- Do you feel nervous or uncomfortable in performance situations such as raising your hand in class, class presentations, or talking to professors?
- Do you worry that others will notice how anxious you feel, and that they will think negatively of you for showing signs of anxiety, e.g., blushing, sweating, shaking, stuttering, having a panic attack, or not knowing what to say?
- Do you have “safe” places, people, or routines that you use to reduce your anxiety?
- Do you want to meet other students, who understand what you are going through and have similar experiences

**DESCRIPTION:** Exposure based therapy is an effective treatment for stage fright. Through this intervention, we assist our clients to confront their fears and reduce avoidance of performance situations within a safe and non-judgmental environment.

**COSTS:** Our fees are set in accordance with the Psychologists Association of Alberta's 2014 recommended fee schedule of \$60.00/50 minute session. Payment of \$960 is due at the first session. Insurance receipts will be provided. Private insurance for psychological services may cover these fees.



### What are the benefits of attending the group?

- Learn about performance and social anxiety
- Understand what leads to and maintains your performance anxiety
- Learn to identify and distance yourself from your critical and self-defeating thoughts
- Learn strategies to help you feel less anxious & more effective in performance situations
- Practice presentation skills in a safe environment with a trained professional and supportive group members who know what it is like to have social anxiety
- Receive support and encouragement while you practice being afraid
- Most importantly, gain confidence and overcome your fears of performance situations!!!!

Contact us today at (780) 455-8133 or [intakeccbt@gmail.com](mailto:intakeccbt@gmail.com) to reserve your place for the upcoming social anxiety group.