

Anxiety Workshop

6-week anxiety skills group

1. Biological Module: Function & Biological Factors

Goal: Members will learn about the evolutionary roots and functions of anxiety, and explore biological factors that influence anxiety.

- a. Provide information on evolutionary nature of anxiety
- b. Provide information on the function of anxiety and fight/flight/freeze response
- c. Provide information on vulnerability factors and members will consider and build awareness and impact of their own vulnerability factors
- d. Members will learn PLEASE skills for reducing vulnerability factors

2. Biological Module: Panic Attacks & TIPP Skills

Goal: Members will learn about panic attacks from a biological/evolutionary perspective, and learn basic distress tolerance skills

- a. Discuss reading on biological foundation and symptoms of panic attacks
- b. Teach and practice basic TIPP Skills, discuss their application

3. Psychological Module: Building Awareness

Goal: Members will develop an awareness of their own experiences of anxiety using a CBT framework

- a. Discuss the importance of building awareness of anxiety in coping
- b. Provide information on the CBT Model using worksheets & thought records
- c. Provide brief introduction to cognitive distortions

4. Psychological Module: Defusion Techniques & Mindfulness

Goal: Members will begin to challenge and change the relationship to thoughts that contribute to anxiety. Members will also learn basic mindfulness skills

- a. Members will learn basic ACT defusion techniques
- b. Members will engage in an activity to practice challenging thoughts and cognitive distortions written by group members
- c. Provide an introduction to mindfulness and teach basic skills

5. Psychological Module: Check the Facts, Container, & Calm Space

Goal: Members will challenge interpretations, thoughts, and assumptions that contribute to anxiety

- a. Provide information and teach the DBT skill “Check the Facts”
- b. Provide information and teach the skill “Container” and “Calm Space”
- c. Guide students through a practice of these skills

6. Psycho-Social Module: Self-Talk, Self-Compassion, & Social Anxiety

Goal: Members will gain awareness of their self-talk and how it shows up in social situations. Members will learn to replace negative self-talk with self-compassion.

- a. Discuss and explore the role of past experiences on the formation of current self-talk
- b. Build awareness of own self-talk and help members move toward self-compassion
- c. Discuss social anxiety and Interpersonal Process groups as a mode of treatment