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