

2015 SOCIAL SKILLS WORKSHOPS for Teens with Social Anxiety

Cognitive Behavioral Therapy (CBT) and
Exposure/Response Prevention (E/RP) are
Evidence-Based Interventions for Social Anxiety

- SOCIAL SKILLS WORKSHOP featuring CBT and E/RP: 12 sessions over a six month period, each 1.5 hours.
- Designed for adolescents who experience excessive fear, discomfort and difficulties in social or performance situations.
- Attendees will:
 - Receive information and education about Social Anxiety
 - Learn ways to manage their anxious thoughts and behavior in social situations
 - Receive guidance on how to socially connect with others
 - Utilize social skills to challenge their own anxiety in social situations
 - Increase their social skill capacity and their social connections with others

Social Anxiety Is Very Treatable!

Successful treatment requires CBT and Social Skills Training

The workshops are co-led by Katherine Botelle Wolhart, MSW, LICSW and Kacey Alleman, MSW, LICSW, who have extensive knowledge and experience in successfully providing evidence-based interventions to children and families.

Please contact Sendan Center at 360-305-3275 for more information .