



• Psychotherapy • Research • Training

Social Anxiety Programme

The Centre for Clinical Interventions (CCI) Social Anxiety Programme is a cognitive-behavioural treatment programme for people with social phobia / social anxiety disorder (SAxD).

SAxD is a highly prevalent and disabling condition. The core feature of which involves the concern of being observed and/or negatively evaluated by others'. The individual often experiences anxiety, and sometimes panic attacks, with exposure to social situations. This often involves avoidance of these social situations.

CCI offers a specialist intervention programme for individuals with SAxD. This treatment programme is supported by evidence-based clinical practice.

Treatment of Social Anxiety

Our treatment uses cognitive behavioural therapy (CBT). This specialist intervention focuses on:

- a. *Education about social anxiety*
- b. *Cognitive therapy (identifying, challenging and replacing unhelpful thoughts)*
- c. *Exposure therapy (devising a plan for confronting feared social &/or performance situations)*
- d. *Attention training (being more able to take in what is happening around us)*
- e. *Assertiveness*

The treatment is provided in both a group and individual setting.

How to refer to the Social Anxiety Programme?

If you would like to refer someone to the CCI Social Anxiety Programme please send a referral letter or completed CCI referral form to the:

Clinic Manager at CCI
223 James St., Northbridge WA 6003 or
fax on 9328 5911

If you have any questions about the programme please call **Patrick Kingsep** (Senior Clinical Psychologist) at CCI on **9227 4399**.

As CCI is part of the public mental health system, the service is free.