

Social Anxiety Programme

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

What is Social Anxiety Disorder?

Almost everyone gets a little anxious or embarrassed in front of other people now and then, though some of us are more anxious than others. People with SAxD may experience the following:

- A feeling of embarrassment or nervousness beginning conversations.
- Not enjoying social events or being in a group due to nervousness.
- Getting anxious when presenting to others / talking to authority figures.
- Blushing, perspiring, racing heart or palpitations in social situations.
- 'Severe shyness'.
- Feeling nervous when the 'spotlight is on'
- Avoiding social situations or 'suffering' through them due to significant anxiety.

Treatment of Social Anxiety

Our treatment uses cognitive behavioural therapy (CBT). This is based on the concept that our emotions and actions are largely influenced by our thoughts. CBT involves:

- 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. Understanding and being assertiveness

Our CBT group programme for people with SAxD is called the Social Anxiety Group. This group runs for 10 weekly sessions. Where group treatment is not suitable, we are able to offer individual treatment. In this case, you and your individual therapist will discuss and decide on the focus and length of therapy.

How to contact CCI?

If you would like to attend the CCI Social Anxiety Programme you will need a referral from your treating doctor (psychiatrist or GP) addressed to:

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.