

# Social Anxiety Group

## Group Therapy Program

### What is the Social Anxiety Group?

People with social anxiety often feel that they will be criticised by other people or feel that they will say or do something that will humiliate or embarrass themselves. The social anxiety group is a low-cost group program for people experiencing difficulties in social situations, such as public speaking, initiating or maintaining conversations, speaking to authority figures, attending parties, eating in public and many other scenarios. In these situations, some people with social anxiety also experience physical symptoms such as blushing, sweating, trembling, confused thoughts, muscular tension, stomach problems, and even panic attacks. The social anxiety group program caters for people suffering from mild to serious anxiety and is suitable for people who wish to better understand and control their fears within a small, supportive group environment.

### Program Outline

The social anxiety group is a 9-week program that runs for 3-hours once a week. Programs tend to run in the evening from 6pm-9pm. Participation in the program involves attending all sessions, as well as an initial interview.

The social anxiety group is a structured cognitive therapy program that centres on the relationship between faulty cognitions, the physiological symptoms of arousal and subsequent avoidant behaviour. The social anxiety program aims to teach people about the causes and symptoms of social anxiety, including its behavioural, physiological and cognitive components. The program also focuses on each participant's individual concerns and provides practical strategies to overcome anxiety producing fears and events.

Follow-up individual counselling after the program is available if required. Alternatively, if you would prefer individual counselling to the group program, this can also be arranged by contacting the Psychology Clinic's reception on 9214 8653 or email [psychclinic@swin.edu.au](mailto:psychclinic@swin.edu.au)

The social anxiety program is conducted by two probationary psychologists, who are undertaking graduate studies in psychology at Swinburne University of Technology. The program is also overseen by Dr Glen Bates, who is a Senior Lecturer in psychology and a member of the Psychology Clinic's executive committee.

### About the Psychology Clinic

The Psychology Clinic provides low-cost services to the community, such as individual counselling, group therapy programs and psychological assessment. As a part of Swinburne's postgraduate psychology programs in Counselling and Clinical Psychology, our staff include graduate students working as psychological counsellors, their supervisors and administration staff. The Psychology Clinic was established by Swinburne University of Technology in 1990. The Psychology Clinic was an initiative of Swinburne's psychology department that has achieved an enviable reputation for its teaching, training and research. Our patron is Allan Fels AO.

### Program Dates

The next Social Anxiety Groups are scheduled to commence early 2012. Social Anxiety Groups are run on demand, up to 5 times per year. Due to limited places waiting lists may apply. For more information on program dates, or to be placed on the assessment list for an upcoming group please contact the Project Officer on 9214 5528 or [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

### Eligibility

To be a part of the social anxiety program participants need to be assessed to determine the extent of their social anxiety. This is a 2-hour assessment that occurs prior to program commencement.

### Application Procedure

To register your interest in this program or to find out more information please contact the Project Officer on 9214 5528.

### Fees

The cost of the social anxiety program includes an assessment fee of \$25, plus a program fee of \$270. This fee is payable prior to the commencement of the group and is non-refundable. If you are unable to pay the program fee in one lump sum please contact the Project Officer on 9214 5528 to discuss alternate arrangements.