

Anne Bonbon

This group will serve to support those who have Social Anxiety Disorder. The DSM-V states that those with SAD have “marked fear or anxiety about one or more social situations in which the individual is exposed to possible scrutiny by others” (APA, 2014). Through our sessions, we will utilize techniques from Cognitive Behavioral Therapy in order to cope with triggers, change anxious behavior, and address and combat automatic thoughts. While portraying empathy, I will collaborate with my group in order to create a safe space for the members where they can openly express their fears and restructure their thoughts without the fear of judgement.

This group is going to be a closed group of 8 students that will meet every week for 90 mins for a total of 12 weeks. The students will be women ages 18-25 who come from different cultural backgrounds. This session will be the first session. Through Cognitive Behavioral Therapy we will “focus on changing cognitions to produce desired changes in affect and behavior” (Corey, 2018). Through cognitive restructuring, members of the group will be able to “make changes by listening to their self-talk, by learning a new internal dialogue, and by learning coping skills needed for behavioral changes” (Corey, 2018).

We will monitor progress through homework assignments and role playing. There will be moments where we will roleplay certain social situations that the members usually avoid. We will also participate in exposure therapy where members will gradually encounter situations that heighten their anxiety and will report how they felt and how they utilize the skills that they were taught.