

Institute of Advanced Studies

Presents:

Who: Those dealing with Anxiety

What: Anxiety Process Therapy Groups

When: Groups starting to open October 2019

Where: City of Orange, Ca

Why: Are you ready to learn how to overcome symptoms

How: Call and schedule within a group time open.

949-503-5638

P.O. Box 631

Tustin, Ca 92781

www.ramafamilytherapycenter.com

Facebook & Instagram

@ramafamilytherapycenter

Contactus@ramafamilytherapycenter.com

Researched based intervention to overcome Anxiety

- Fundamental of Cognitive Behavior
- Dysfunctional Thinking
- Challenge thoughts
- Acceptance rather than resistance
- physical symptoms
 - human Physiology
- Situations, mood, emotions and behavior (everyday life)

Group Therapy allows for each individual to have a support system, learn how other manage their Anxiety, triggers and coping skills.

Cost per session \$55

By Alejandro "Alex" Ramirez
Associate Marriage and Family Therapist
#114269 California

Clinical Supervisor:
Burt Winer, Ph.D.
#23281 California



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