

# 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.

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## 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

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