

MASTERING ANXIETY AN ONLINE THERAPY GROUP SERVING OR, WA + CA



"ALTHOUGH ANXIETY IS PART OF LIFE, NEVER LET IT CONTROL YOU." — PAULO COELHO

Mastering Anxiety: An online 9-week therapy group helps members gain tools to manage their anxiety by teaching the principles of Mindfulness, CBT, and polyvagal theory. Group members will learn over 50 somatic tools to help them learn to self sooth.

In this group therapy you will learn:

- Breathing techniques
- Havening techniques
- Identify how you experience anxiety in your body through the use of art
- How to use EFT
- Self Acupressure
- Visualization tools
- Cognitive skills to challenge unhelpful thoughts
- Mindfulness to notice your anxiety but have less attachment to it
- Understanding Cognitive distortions

WHEN:

The group begins Wednesday August 26th – October 19th from 6:00 to 7:30 PM. The cost for each group is \$60 per session. If you pay all 9 weeks up from the cost is \$515 (you save \$25). Or a deposit of \$240. Then \$60 a week starting week 5. The group is limited to 8 people.

If you are interested in joining the group please contact us to schedule a free 15 minute zoom consultation to see if you will be a good fit: celine@innergrowththerapy.com or 971.248.0063

