

Anxiety Groups

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Anxiety groups are a great way for children to learn and practice new skills while in a small group setting under supervision. Group members encourage and support each other to try new things and to do the things that make them nervous.

- ❖ Weekly, one hour groups year round, in 6-14 week blocks
- ❖ If indicated, consultation and collaboration with school staff and any other professionals with whom the child is working

YOUR CHILD WILL LEARN:

- ❖ Triggers/sources of anxiety
- ❖ Physical signs and symptoms of anxiety
- ❖ Relaxation skills: Deep breathing, visual imagery, muscle relaxation
- ❖ Coping Plans to assist them do the activities which cause them anxiety
- ❖ How to challenge and replace worry and fearful thinking with adaptive, coping, and problem-solving thinking

PARENTS WILL LEARN:

- ❖ About childhood anxiety
- ❖ About the coping and problem solving skills his/her child is learning
- ❖ How to help his/her child implement the learned anxiety management techniques to reduce anxiety and do the things which make them anxious

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