



Generalised Anxiety Course

What is the course?

This is a 14 session course aimed at people who experience Generalised Anxiety Disorder (GAD) symptoms.

Key features of GAD may include excessive anxiety and worry, finding it difficult to stop worrying, and finding it difficult to tolerate uncertainty. Also tension and difficulty relaxing, irritability and sleep disturbance.

What is CBT?

Cognitive Behavioural Therapy involves understanding the link between how we feel, what we are thinking, and how we behave, in certain situations.

CBT is a practical therapy that involves learning about anxiety, and making changes to what we do and how we think, in order to feel better.

Session Topics

- Understanding GAD symptoms, and how CBT can help
- Understanding worry
- Fear of uncertainty
- Why might I worry more than others? Evaluating the usefulness of worry
- How worry can affect the way I react to everyday life problems
- Problem solving
- How to deal with hypothetical worries
- Maintaining progress

Frequently Asked Questions

How many other people will be there?

We usually have between 6-12 people attending the course.

What if I feel too anxious to turn my webcam on or speak?

We understand that the thought of a course can be very anxiety provoking. We would always encourage people to switch their webcam on and speak if they feel able to, as the strength of the course is in building a shared understanding of generalised anxiety symptoms and trying out and reviewing different skills together. You may wish to build up to switching on your webcam as the first session progresses, just let the group facilitator know at the start.

What if I can't make a session?

Please call 0300 790 0542 or email dhc.bc.s2w@nhs.net as soon as possible to let us know.

Please note that our website www.steps2wellbeing.co.uk has lots of valuable information about our service.



Dorset HealthCare
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