



Managing Anxiety Course

What is the course?

This is a 10 week skills-based course that draws from all aspects of Cognitive Behavioural Therapy (CBT) to treat and manage anxiety. We aim to equip people with the knowledge and skills to substantially reduce their anxiety by working on themselves.

It is not suitable for individuals with severe Obsessive Compulsive Disorder (OCD) and Post Traumatic Stress Disorder (PTSD)

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 focusses on learning practical skills and strategies to help you manage your difficulties, not just now but in the future. It involves learning about anxiety, and making changes to what we do and how we think, in order to feel better.

Session Topics

- Life-style factors that help reduce anxiety
- Attention Switching
- Mindfulness & Acceptance
- Mapping out how anxiety is maintained – Formulation
- Thinking biases, anxious thinking and changing anxious thoughts
- Changing anxious assumptions through behavioural experiments
- Understanding and changing cycles of worry
- Developing our inner helper
- Relapse prevention
- Plan next steps

Frequently Asked Questions

How many other people will be there?

We usually have between 6-14 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 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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