



steps2wellbeing

# Social Anxiety Course

## What is the course?

This is a 12 session course aimed at people who experience social anxiety.

Key features of social anxiety may include worrying about the judgement of others, feeling anxious, being highly aware of ourselves in social situations, avoiding situations, relying on certain behaviours if we find ourselves in an anxiety provoking social situation.

## 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

- Overcoming avoidance.
- Understanding anxiety.
- Focus of attention.
- Challenging unhelpful thinking.
- How helpful are safety seeking behaviours?
- Presentation Skills.

## 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 social 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](mailto:dhc.bc.s2w@nhs.net) as soon as possible to let us know.

Please note that our website [www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk) has lots of valuable information about our service.



Dorset HealthCare  
University  
NHS Foundation Trust