

ANXIETY AND DEPRESSION SKILLS GROUP

Kevin J. Crowley, Ph.D.

Our Anxiety and Depression Skills Group teaches cognitive-behavioral-therapy (CBT) skills that have been shown in research studies to be effective in reducing the symptoms of depression and anxiety. You will have the opportunity to learn and practice skills in a supportive environment and to share your experiences with others. In addition, you will be given suggestions for ways to practice the skills between meetings.



The Behavioral Skills Module Starts April 17, 2017

This group is offered in eight-session modules, and each module addresses a different set of skills. The **Behavioral** Skills Module will teach the difference between behavior patterns that maintain depression and anxiety and behaviors that can alleviate symptoms. Then, you will learn specific skills for identifying personal patterns **you** want to change, setting concrete, incremental goals, boosting motivation for taking action, and implementing these new behaviors with consistency.

Fee: \$800 for 8-week module
Mondays, 7:00pm – 8:15pm

We would be delighted to speak with you about how our group might be of benefit.
Call us at 202-234-0903 ext. 4 or email Dr. Crowley at kcrowley@cognitivetherapydc.com.

More information can be found at www.cognitivetherapydc.com/services