



CAPITAL INSTITUTE
FOR COGNITIVE BEHAVIORAL THERAPY

In-Person Social Anxiety Group

When: Tuesdays

Location: 1729 21st Street, NW
Washington, DC 20009

Length: 12 weeks

Time: 6pm-7:30pm

Ages: 18+

**For more information, or to
schedule an intake, contact:**

Ryo Noguchi, Ph.D.

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Building Social Confidence

The Building Social Confidence Group is a skills-based, in-person, experiential group to assist individuals in breaking the cycle of social anxiety that might be limiting a person's ability to make meaningful social connections. Members will learn cognitive skills to reframe anxious thoughts to make them less threatening, develop a plan to confront anxiety-provoking situations, use the session time to practice engaging in social interactions, and engage in out-of-session practice to continue building skills outside of group sessions.

This is a mixed gender group for individuals 18 and older and will be held in-person at our DC office on Tuesday evenings. The group will run from 6:00pm until 7:30pm. Individuals with and without prior group therapy experience are welcome. This is a time-limited group of 12 sessions. Potential candidates for group will have a one-to-one 30-minute meeting with the group leader to make sure that the group is an appropriate fit for them.

12-Week, In-Person Program
\$100 per session
Group Leader: Ryo Noguchi, Ph.D.