

# PSYCHē

## SOCIAL ANXIETY GROUP

8 WEEKS

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Weeks 1 and 3, you and your child will :

- **LEARN** what anxiety is and how to reduce it
- **IDENTIFY** "safety behaviors" that keep anxiety high
- **CHALLENGE** thoughts & beliefs about anxiety

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Weeks 2, 4-8 your child will:

- **CRUSH** anxiety in group activities & on field trips
  - **BEAT** anxiety with assignments between sessions
- **OVERCOME** barriers to facing anxiety

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### WORRIED THEY WON'T DO THE HOMEWORK?

After the 8<sup>th</sup> group, if all assignments are not completed, your child can continue coming at no additional cost until the work is done.



STEPHANIE VAUGHN, PSY.D.

Saturdays 10:00am – 11:30am  
Beginning February 3<sup>rd</sup>  
\$800/8 sessions  
Parents will attend only the 1<sup>st</sup> & 3<sup>rd</sup> sessions



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**CONTACT US TODAY TO RESERVE YOUR CHILD'S SPOT!**