

# VIRTUAL BOOSTER GROUP FOR CLIENTS WITH PANIC, SOCIAL ANXIETY, OR EXCESSIVE WORRY

The Booster group is designed for clients who have completed treatment at the Anxiety Treatment and Research Centre (ATRC) for Panic Disorder, Social Phobia, or Generalized Anxiety Disorder. The group occurs monthly.

## GROUP GOALS

- Maintain gains and prevent relapse
- Address remaining anxiety symptoms
- Help with continued CBT skills practice

## HOW WE GO ABOUT THIS

Reinforce Skills: We review and practice the skills learned during the treatment sessions. Members are encouraged to support each other and help one another problem solve. Members are also expected to set exposure-based homework each session and complete it between sessions.

The Booster group is held on the last **WEDNESDAY** of each month from **3:30 to 5:00 pm**.

\*All Booster groups are facilitated virtually until further notice. Please contact the clinic at **(905) 522-1155 ext 35377** to register.

The monthly schedule is as follows:

<b>Date</b>	<b>Topic</b>
<b>Wednesday January 26<sup>th</sup>, 2022</b>	<b>Anxiety 101</b>
<b>Wednesday February 23<sup>rd</sup>, 2022</b>	<b>Thought Records</b>
<b>Wednesday March 30<sup>th</sup>, 2022</b>	<b>Safety Behaviours</b>
<b>Wednesday April 27<sup>th</sup>, 2022</b>	<b>Exposure Therapy</b>
<b>Wednesday May 25<sup>th</sup>, 2022</b>	<b>Intolerance of Uncertainty</b>
<b>Wednesday June 29<sup>th</sup>, 2022</b>	<b>Perfectionism</b>
<b>Wednesday July 27<sup>th</sup>, 2022</b>	<b>Thought Records</b>
<b>Wednesday August 31<sup>st</sup>, 2022</b>	<b>Exposure Therapy</b>
<b>Wednesday September 28<sup>th</sup>, 2022</b>	<b>Open-Ended Topic - TBD</b>
<b>Wednesday October 26<sup>th</sup>, 2022</b>	<b>Problem Solving</b>
<b>Wednesday November 30<sup>th</sup>, 2022</b>	<b>Assertiveness</b>
<b>Wednesday December 14<sup>th</sup>, 2022</b>	<b>Social Gathering/Social Exposure</b>