

The Morgens Group presents...

Cognitive Behavioral Group Therapy for Anxiety

A 10-week cognitive-behavioral group for anxiety,
stress and worry



Overview

Our Group is designed to help individuals learn cognitive and behavioral strategies to increase positive emotions and resilience while decreasing the negative thoughts, emotions and behaviors associated with anxiety, stress and worry so they can deal more effectively with life's stress, let-downs, challenges, and obstacles. Examples of skills learned in the group include:

- ◆ Practical tools to decrease the cycle of negative thoughts & feelings
- ◆ Skills to cope with uncomfortable feelings
- ◆ Develop strong resilience to adversity
- ◆ Eliminate panic and phobias
- ◆ Strategies to increase motivation & energy
- ◆ Strategies to increase positive feelings and emotions
- ◆ Improve sleep and concentration
- ◆ Problem-solving techniques to reduce stress or physical tension



Therapist: Jessica Lutkenhouse, Psy.D.

Dr. Jessica Lutkenhouse is a licensed psychologist and Certified Health Services Provider who specializes in Mood and Anxiety Disorders. She obtained her Doctorate in Clinical Psychology from LaSalle University and received training at The Ohio State University and Princeton University.

Call now to reserve a spot at our next session!

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