

Connections

SHYNESS AND SOCIAL ANXIETY PROGRAM (18+)

The Social Phobia Program is based on 15 years of research conducted at the Emotional Health Clinic. The program uses a cognitive behavioural approach where you learn skills to change your focus in social situations, to fairly evaluate your thoughts and beliefs, to gradually face difficult situations and to adjust your coping strategies. The psychologist who works with you on the program will assist you to apply the skills in your everyday life.

WHO IS THE PROGRAM DESIGNED FOR?

The program is designed for people who experience anxiety in social and performance situations such as anxiety that arises when interacting with people, when giving presentations or during social events. Much of the time the social anxiety will be such that people prefer to avoid situations that cause anxiety, and this leads to distress, an inability to perform well at work or education or it may place limits on friendships and everyday interactions in the community.

AN INDIVIDUAL APPROACH

It is a 12-week program offered on an individual basis with sessions typically scheduled once per week. Prior to 2015 we have offered the program in a group setting. We have chosen to offer an individual approach from 2015 as the research indicates that response to treatment is better following individual therapy than group therapy, and additionally individual therapy provides clients with better flexibility for treatment to be adapted to their specific needs.

WHAT IS INVOLVED?

STEP 1

The first step to being involved in the program is to complete a short phone intake. During this discussion we will check that the areas that you are struggling with fit with what the program offers and also check for additional problems that are not able to be addressed by our clinic (such as clients who need crisis services, who experiences psychosis or who are drug or alcohol dependent).

STEP 2

The second step is to come in for a 1-2 hour assessment. At this assessment we will discuss in detail your current concerns and what you would like to gain from the program. Occasionally after the assessment we may feel that a different program or service is better suited to your need. If this occurs we will provide recommendations and referral.

STEP 3

After assessment you will begin individual treatment sessions.

COSTS

Summary of Costs			
	Assessment	Treatment	Rebate ¹
Registered Psychologist	\$221	\$221 per session	\$93.35
Clinical Psychologist	\$265	\$265 per session	\$137.05

¹ A rebate is claimable if a valid Mental Health Care Plan has been obtained from your GP (limit of 10 sessions in each calendar year).



WHAT SHOULD I DO NEXT?

If you would like to talk with our team about participating in the social anxiety program please call us on **02 9850 8711**.