

Therapist: Marta Laurette, LCSW-R

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Group for Anxiety Management for Adults

The purpose of this group is to help group members understand their anxiety and to develop coping skills to manage the symptoms.

The group will introduce cognitive behavioral therapy and acceptance and commitment therapy techniques and meditation, relaxation and breathing exercises. In addition, the group members will engage in the experiential part of the group to work with their thoughts and feelings in connection to anxiety and to implement the discussed techniques in the here-and-now of the group.

Where:	In person in Massapequa, Long Island	Telehealth
When: One time for one in person and one virtual group will be offered, dependent on group members' interest.	Tuesdays 3pm -4:15 pm or 4:15pm -5:30 pm or 6pm – 7:15 pm	Wednesdays 3pm – 4:15 pm or Thursdays 5:15 pm – 6:30 pm
Anticipated Start:	June 3rd	June 5th

Commitment: 4 sessions. Group members will be asked to make a commitment to attending four sessions. At the end of each month, group members will decide whether they will continue next month.

Cost: \$65 per session. The payment is expected at the beginning of the month for the number of sessions provided that month. There will be no refund for the sessions that were not attended.

Prior to attending the first group session, the therapist will meet with a group candidate for a 15min consultation to determine whether this group is the right fit for them. If the fit is right, the therapist will meet with the candidate for one 45-min individual session to assess her/his/their treatment needs and goals and to discuss how this group works and its expectations.

This group is an ongoing and open group. What it means is that new group members can join and current members could leave when their symptoms improve.