Psychotherapeutic Solutions

Finding solutions through talking therapies

ANXIETY MANAGEMENT SKILLS GROUP

Every Thursday at 7.30pm.
The group is facilitated by one of our Senior CBT therapists Henry Prempeh.
The group will run over 8 weeks. £35 per session



Each session will give you the opportunity to learn new techniques to manage your anxiety and help you get a better understanding of your distress.

Our administrator, Sarah Oliver is happy to help you and put you in touch with Henry. Sarah can be reached by telephone on: 0203 2861334 or via email at info@psychotherapeuticsolutions.co.uk

Affordable and accessible therapy in London and on skype - www.psychotherapeuticsolutions.co.uk

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What is Anxiety?

Anxiety is a normal and helpful emotion which can assist you to focus and perform well. Everyone experiences it sometimes. However, it can become a problem when it interferes with your ability to function on a day to day bases.

How will the Anxiety Management Skills Group help?

The group is based on cognitive behavioural principals and can help reduce anxiety, by enabling you to re-evaluate your thoughts and feelings, leading to a change in your behaviour. It is an effective way of managing anxiety so that you can get on with living your day to day life to the fullest.

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