

Psychotherapeutic Solutions

Affordable and accessible therapy in London and on skype

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.

www.psychotherapeuticsolutions.co.uk