

Social Anxiety Help

**Shy? Easily embarrassed? Self-conscious?
Socially withdrawn / avoidant / isolated?
Fearful of public-speaking?
Unassertive?**

- *"I'm fundamentally different and don't fit in."*
- *"I've never learned how to relate well with people. I'm socially inept."*
- *"I'm not good enough, so I must please people or perform perfectly to get others to like or respect me."*

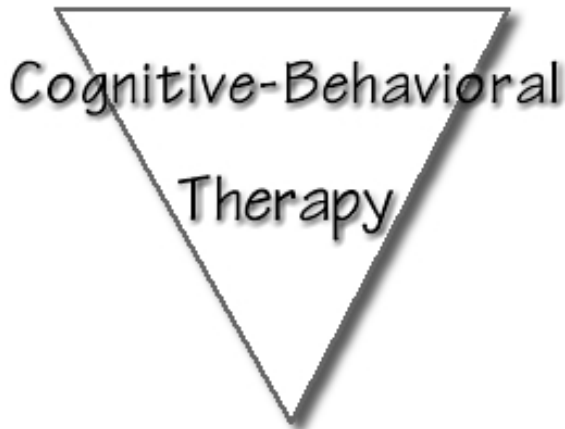
These are common core beliefs of people who suffer from social anxiety.

I will soon be offering another free workshop to help participants understand what social anxiety is, what causes it, what perpetuates it, and some basic strategies to overcome it. This will be an introductory, educational workshop, not a therapy session. *You will not be required to talk or be put on the spot in any way during the workshop.*

The workshop will also provide a brief introduction to specialized 20-week therapy groups that I offer for socially anxious persons who want to work in a systematic way to overcome this problem. When there is enough interest, I offer one group specifically addressing the needs of lesbians, gay men and bi's. I also work one-on-one with individuals who have problems with social anxiety and related concerns.

For the past 18 years, I have worked with several hundred socially anxious persons one-on-one, and have led 66 social anxiety therapy groups. I am a Diplomate in Cognitive-Behavioral Therapy, a Certified Group Psychotherapist as well as a Licensed Independent Clinical Social Worker

The approach I use is called Cognitive-Behavioral Therapy (CBT). This is a structured, results-oriented program in which I help persons learn how to recognize and alter their self-defeating thoughts, feelings, behaviors and underlying core beliefs that make them anxious, avoidant and/or depressed. Each participant works on self-chosen personal goals, eg.: making friends, dating, assertion, public speaking, socializing, and improving mood, self-confidence or self-esteem.



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socialanxietyhelp.com

Visit my website to listen to a National Public Radio feature on my therapy groups.

Free Social Anxiety Workshop

Friday, February 6, 2009

7 – 9 p.m.

Call or visit my website to register.