

Breaking Free from Anxiety



Feeling anxious? Having trouble letting go of worrisome thoughts? Fear getting in the way of living the kind of life you want? If so, this skills-based group may be for you!

Breaking Free From Your Anxiety is based on an evidence-based treatment that has been proven to significantly reduce anxiety and enhance the ability to cope with anxiety-provoking situations. In this group, you will learn how to?

- better understand your emotional experience
- reduce unhelpful responses to anxiety
- develop skills to adaptively cope with anxiety-provoking situations
- improve your ability to face-feared situations in order to have the kind of life you want

Groups are 6 weeks long. Each session lasts for 1 hour each.

Recruitment begins at the beginning of the semester and groups will begin when full.

This group requires an [initial assessment at CAPS](#) ^[1]. The therapist will help you schedule a brief screening interview to see that the group will adequately address your reasons for coming to the group.

Use the [group interest form](#) ^[2] with questions or to express interest in this group or ask your CAPS provider today!

TBD

[Skills and Wellness Groups](#) ^[3]

Closed

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Source URL: <https://caps.unc.edu/breaking-free-anxiety>

Links

[1] <https://caps.unc.edu/services/initial-assessments>

[2] <https://caps.unc.edu/services/group-therapy/how-join-group>

[3] <https://caps.unc.edu/group-therapy-types/skills-and-wellness-groups>