

CBT for Anxiety Group



We are excited to announce an 8-week Cognitive Behavioral Therapy (CBT) treatment group for adults with a variety of anxiety-related difficulties.

What: An 8-week, evidence-based CBT group, involving education about anxiety, challenging anxious thoughts, facing anxiety-provoking situations, and skills for maintaining success after group.

Who: Individuals 18+ years old who struggle with anxiety

When: Mondays (starting March 6, 2023) from 6:00–7:30 PM

Where: KCCAT; 10555 Marty St., Ste. 100, Overland Park, KS 66212

Cost: \$75 per session (*8 sessions total*)

How Do I Get Started?

Complete our [New Patient Referral Screen Form](#) (or call (913) 649-8820 ext. 1 to complete by phone). Indicate in the screen that you would like to be considered for the CBT for Anxiety Group.

- *If you are already a patient at KCCAT, ask your primary clinician if this group is a good fit for you!*

1. Our team will review your screen and email you questionnaires to ensure that you are a good fit for this group.
2. We will then set up a time for you to do a **free** televideo consultation(30-60 minutes) with one of our trainee staff members so we can determine fit for group and begin to set treatment goals.

If you are interested in the group but we do not think it is the right fit, we will provide you with information about individual services at KCCAT or other appropriate resources for your needs.

Space in each group is limited to 12 participants. If the group becomes full you can be put on a waitlist for the next group session.