

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 from 5:30–7:00 PM (starting Spring 2021)

Where: Online using Google Meet

Cost: \$100 per session (9 sessions total: 1 evaluation and 8 group sessions).

\$100 is due at the time of the evaluation; the remaining \$800 can be paid in two or four installments. (At this time we are unable to accept cash or check payments for the group.)

How Do I Get Started?

1. Complete a New Patient Referral Screen. Visit kcanxiety.com/getstarted or call (913) 649-8820 ext. 1 and 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!*
2. Our team will review your screen and email you some questionnaires and forms to help prepare for the evaluation appointment.
3. We will then set up a time for you to conduct the evaluation (60 minutes, over televideo) with one of our team members so we can determine if you would be a fit for the 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. If the group becomes full you can be put on a waitlist for the next group session.