



BRAINSTATION
PSYCHOTHERAPY & TRAINING

CBT for Social Anxiety

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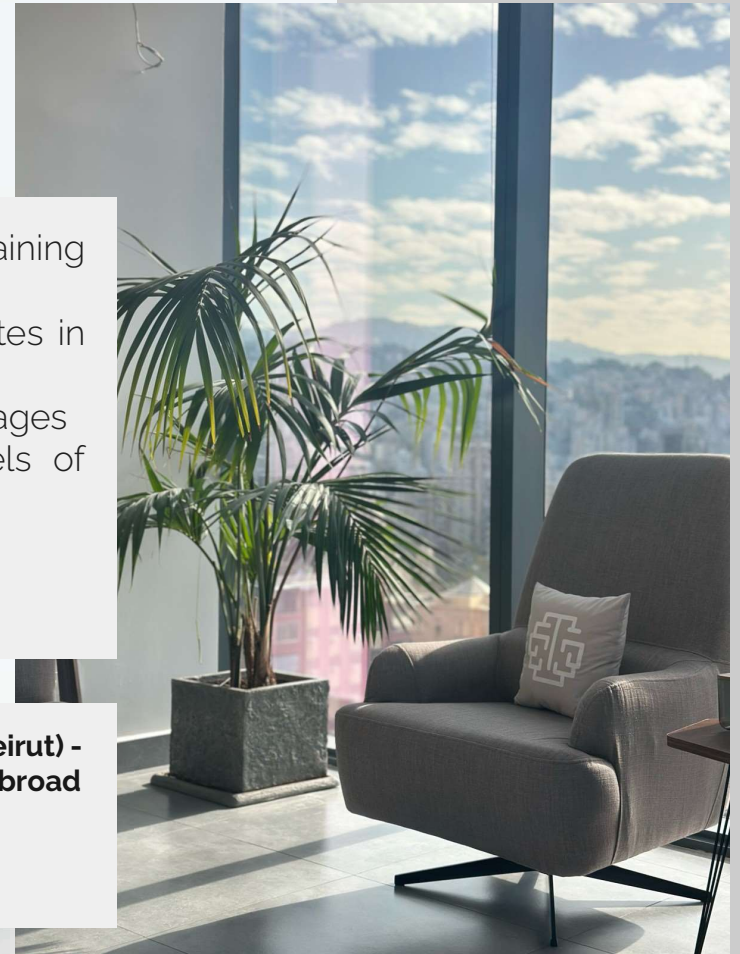
ABOUT US

Comprehensive psychological treatment & professional training institute:

- Team of expert psychologists trained at the best institutes in the world (Oxford University, Beck Institute)
- Evidence-based psychotherapeutic help for clients of all ages
- Clinical and corporate trainings for people at all levels of experience

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OUTLINE

- Introduction
- The Cognitive Model
- Treatment Plan



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Introduction

Myths or Facts

- Social Anxiety is just extreme shyness
- Social Anxiety is only about fear of public speaking
- Medication alone is sufficient to treat Social Anxiety Disorder
- Social Anxiety Disorder often begins in adulthood
- Social Anxiety Disorder is one of the most common anxiety disorders

Social Anxiety

- Excessive fear of social or performance situations
- Negative self-perception
- Avoidance behaviors or severe anxiety during social interactions
- Interference with daily life
- 7% of the population
- Age of onset: teenager
- Specific social anxiety = performance anxiety
- Can be 2 opposites

Diagnostic Criteria

Marked fear or anxiety about one or more social situations in which the individual is exposed to possible scrutiny by others

The individual fears that he or she will act in a way or show anxiety symptoms that will be negatively evaluated

The social situations are avoided or endured with intense fear or anxiety

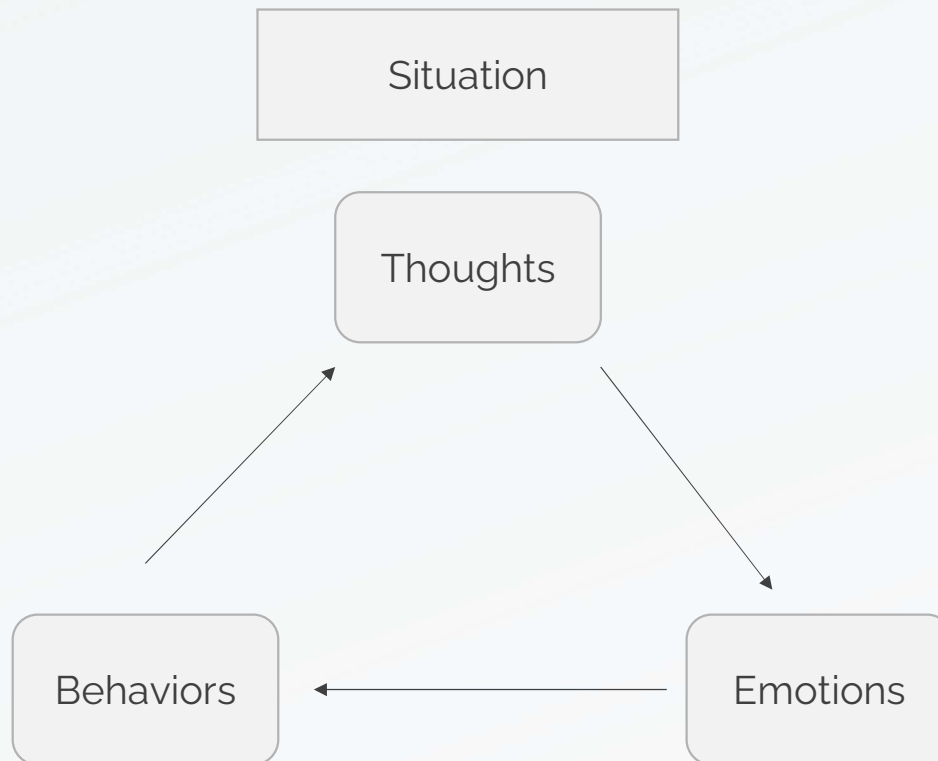
The fear, anxiety, or avoidance is persistent, typically lasting for 6 months or more

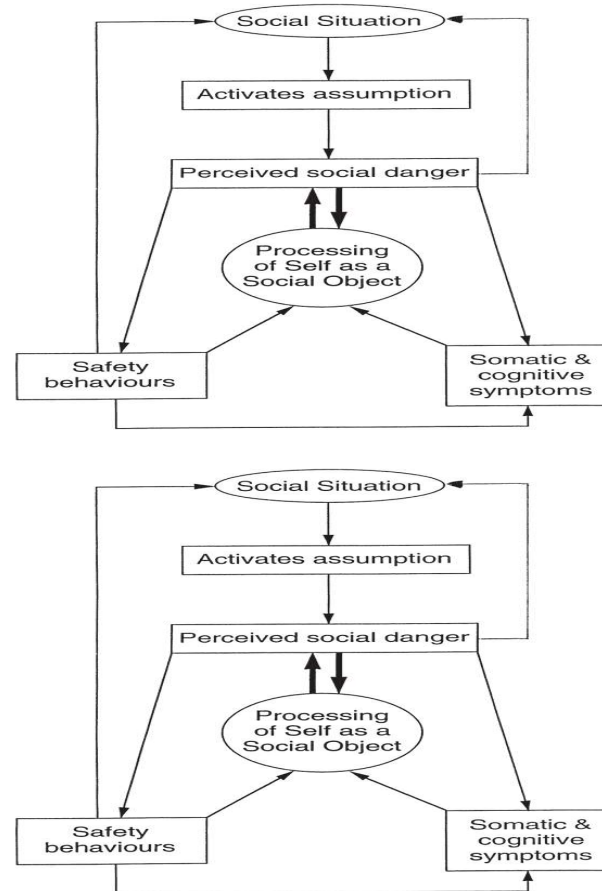


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The Cognitive Model

CBT - Recap





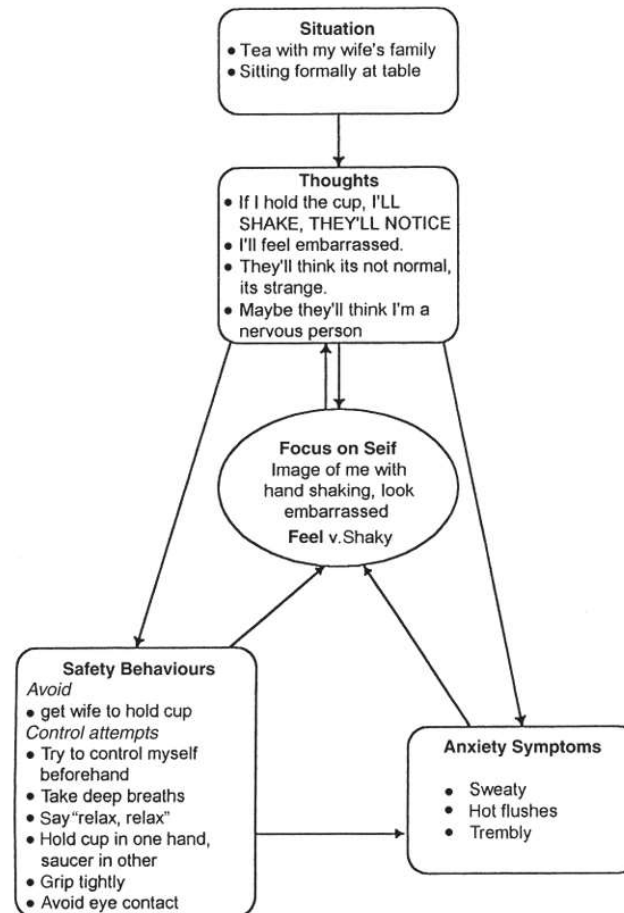


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- Beliefs: I am not good enough / I am less
- Others are better / Others are judgmental
- Rules: I should do everything perfectly
I shouldn't show my anxiety symptoms

Safety Behaviors

- Can be internal mental processes
- Try to prevent each feared outcome
- Can create some of the symptoms that social phobics fear
- Have the consequence of increasing self focused attention and self-monitoring
- Can draw other people's attention to the patient
- Some safety behaviors influence other people in a way which partly confirms the social phobic's fears





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Treatment

Self Focus

- Self-focus is associated with feeling more anxious

Safety Behaviors

<u>Date</u>	<u>Situation</u>	<u>Experiment</u>	<u>Prediction</u>	<u>Outcome</u>	<u>What I learned</u>
		<ul style="list-style-type: none"> What can you do to test your fears? 	<ul style="list-style-type: none"> What do you think will happen? How much do you believe it will, 0-100%? How would you know if it had? Anxiety 0-100% 	<ul style="list-style-type: none"> What actually happened? What did you notice about yourself (T, F, B)? Were any of your predictions correct? 	<ul style="list-style-type: none"> How can you apply what you learned in the future?

NATs

- Cognitive restructuring

Assumptions/ Core Belief

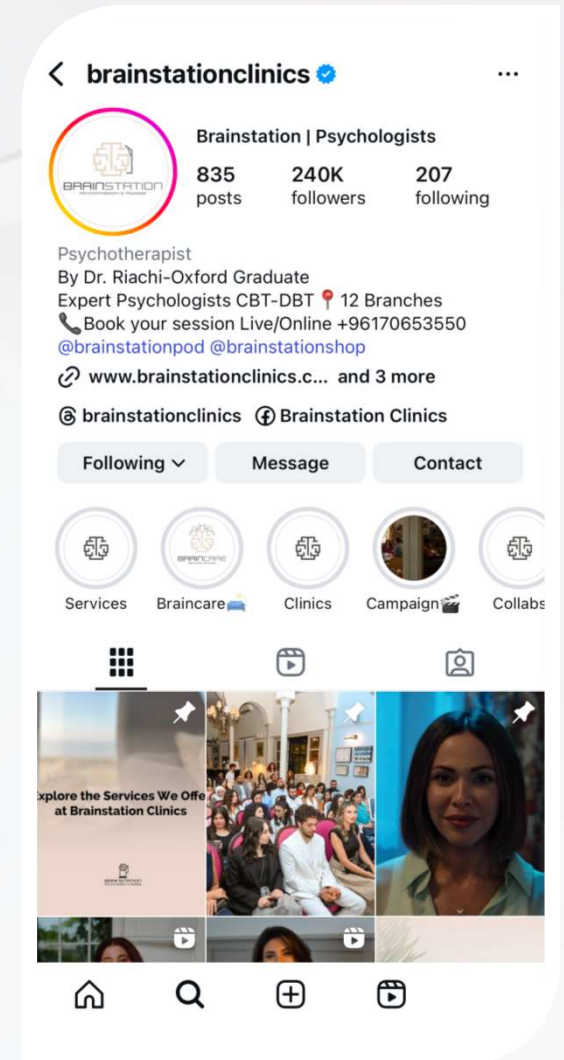
Later stage

Google Review

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