

Anxiety Group Therapy Curriculum

Session 1: Welcome and Introduction

- Group introductions and creating a safe space
- Icebreaker activities to build connections
- Establishing group guidelines

Session 2: Understanding Anxiety

- Overview of common anxiety experiences
- Sharing personal anxiety stories
- Normalizing the experience of anxiety

Session 3: Coping Skills

- Introduction to practical coping techniques
- Group discussion on individual coping strategies
- Building a toolbox of coping skills

Session 4: Mindfulness and Relaxation

- Practicing mindfulness exercises
- Deep-breathing techniques for relaxation
- Guided group relaxation session

Session 5: Identifying Triggers

- Self-reflection on personal anxiety triggers
- Group discussion on common triggers
- Creating an individualized trigger plan

Session 6: Cognitive-Behavioral Techniques

- Introduction to CBT principles
- Identifying and challenging negative thoughts
- Simple exercises for applying CBT at home

Session 7: Supportive Communication

- Effective communication about anxiety

- Sharing experiences in a supportive manner
- Role-playing assertive communication

Session 8: Self-Care Strategies

- Importance of self-care in anxiety management
- Exploring and creating personal self-care plans
- Group discussion on self-care practices

Session 9: Goal Setting

- Setting achievable goals for anxiety management
- Creating a step-by-step action plan
- Celebrating small victories within the group

Session 10: Reflection and Closing

- Reflecting on the group experience

- Sharing personal growth and insights
- Providing resources for continued support