

# Therapy Group for OCD & Anxiety

**Eight Mondays: 6:30 - 8:00 pm**  
**Starts January 4th**  
**Via Zoom from Marin County**

Cognitive Behavioral Therapy (CBT) has consistently been found to be the most effective treatment for these conditions. The same proven techniques used in individual treatment will be employed in this group for adults. These include:

- ▶ Implementing tools to deal with fear and doubt
- ▶ Taking small steps to expose yourself to what you avoid
- ▶ Stopping self-defeating ways of reducing your anxiety
- ▶ Altering the way you relate to your thoughts, emotions, and sensations
- ▶ Changing negative self-talk
- ▶ Motivating yourself to accept discomfort in order to pursue what you value

## Advantages of Group Therapy

### Social Support

Your suffering may be increased by feelings of isolation and shame. Here's an opportunity to see that you are not alone and that others are struggling with similar challenges.

### Increased Motivation

It can be difficult to face your fears and doubts on your own. In a group setting, you can receive encouragement from others. You may even help inspire others to change. The shared experience of tackling symptoms can be very powerful. Applying more productive coping strategies is easier when you are supported by others who truly get how difficult it can be.

### Affordability

The cost of individual therapy can be prohibitive. In the group you'll work on your own specific problems both in the sessions themselves, and between sessions. If you wish, you can call on another group member during the week if you need some extra coaching and support doing your homework. Group sessions cost \$95. An individual pre-group session costing \$210 is required so that we can determine if the group is right for you, and in order to review what to expect.



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Dr. Dan Kalb earned degrees with top honors from Columbia University and the Institute of Advanced Psychological Studies. For over 25 years he has specialized in brief treatment aimed at reducing the symptoms of anxiety, phobias, and OCD. In addition to working with individual adults, he provides consultation for other therapists, conducts in-service training at community clinics, and teaches seminars for fellow professionals.