

Anxiety Group Therapy Curriculum

Name: _____ Date: _____

Session date: _____ Practitioner: _____

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

Session 2: Understanding anxiety

Sharing personal anxiety stories

Normalizing the experience of anxiety

Session 3: Coping skills

Introduction to practical coping skills

Group discussion on individual coping strategies

Session 3: Coping skills

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

Session 6: Cognitive-Behavioral Techniques

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

Session 8: Self-care strategies

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

Additional notes