

# 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**