

Anxiety Group

A Cognitive Behavioral Strategies Group For Adults

WHERE: Easthampton, MA

FOR: Adults (18+) wanting to work through their anxiety (e.g. social anxiety, panic, OCD, phobia, worrying).

WHAT: Group led by Peter Dopp, PsyD - a licensed clinical psychologist who specializes in treating anxiety. Simple effective cognitive-behavioral strategies are taught and applied. Gradually face anxiety-provoking situations with new skills and an attitude of acceptance. Let go of old ways that are maintaining the anxiety. Peers share successes and resources and help one another to overcome obstacles.

WHEN: Weekly (See website for current group times)
Start after two individual sessions to complete an assessment and treatment plan. Continue until progress is made. Offered year-round.

PAYMENT: Accepting BCBS, Tufts Private & Public Plans, Medicare, United Behavioral Health, Harvard Pilgrim, Beacon, BMC Healthnet. See www.hnetworks.net for self-pay rates.

INQUIRE: See www.hnetworks.net New Clients page for important information and how to get started.



Peter Dopp, PsyD
Healthy Networks

www.hnetworks.net
mail@pdopp.net

150 Pleasant Street, Suite 108
Easthampton MA 01027
Tel. (413) 535-6267
Fax. (855) 318-8805