

Compassionate Social Fitness for shyness and social anxiety disorder:

### A Compassion-Focused CBT/ACT/CFT Therapy Group forming in Berkeley

The group is for adults who will develop skills in accepting social anxiety and pursuing valued action while participating in feared situations, conducting behavioral experiments, handling challenging social interactions, and in developing intimacy. Group members will also learn compassionate self-soothing and compassionate imagery using exercises from *The Compassionate Mind Guide to Building Social Self-Confidence and Overcoming Shyness* using CFT (New Harbinger Press, 2011) and from Chris Germer and Kristen Neff's *Mindful Self-Compassion* work. We will integrate ACT according to the work of Jane Fleming and Nancy Kocovski for shyness and social anxiety.

The group will meet on Tuesday evenings from 6:00 to 7:30. Two individual sessions will be held prior to the group to complete an assessment and a hierarchy of feared situations, as well as to establish goals for treatment. There will be 8 weekly sessions. The fee is \$210.00 for pre-group individual sessions and \$110.00 per group meeting.

For information, contact Lynne Henderson, Ph.D. [www.shyness.com](http://www.shyness.com); Phone: 650-814-9210; E-mail: [clinic@shyness.com](mailto:clinic@shyness.com)



Dr. Lynne Henderson has been treating shyness and social anxiety individually and in groups for over 40 years. She directed the Shyness Clinic in Palo Alto, originally founded by Philip Zimbardo at Stanford, for 25 years. Dr. Henderson also specializes in anxiety disorders, depression, grief, and interpersonal problems and works with couples using Emotion Focused Therapy.

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