



PARTICIPATE

If you struggle with **social situations**, feel **self-conscious** with people, or **feel anxious when speaking in public**, you may want to avail of our online CBT (cognitive-behavioral therapy) program for social anxiety called “**Participate**”.

What is involved?

7 Modules - Taking 163 mins in total.

- **Introductory module 30 mins** . What is shyness and social anxiety, how does it affect us and what can this program do to help.
- **Module 2, 13 mins**. What areas of my life are affected by anxiety and how can I measure this?
- **Module 3, 22 mins**. Identifying thoughts and behaviours that contribute to my social anxiety, how in-focus ideas and safety behaviours combine to trap me.
- **Module 4, 22 mins**. Learning to Out-Focus, taking the emphasis from what is going on in me to what is happening around me. Practice logs for Out-Focus.
- **Module 5, 32 mins**. How to understand and spot unhelpful thinking patterns, how to ask disputing questions, see alternative possibilities and finally, how to use a thought challenging log.
- **Module 6. 20 mins**. How to weigh evidence for fears, to understand what negative social predictions are, to be able to assess risk accurately using probability, cost and coping. Lastly, how to use a re-thinking thoughts log.
- **Module 7. 24 mins**. How to test fear thoughts by testing social predictions, to understand the importance of gradually dropping safety behaviours and to be able to take care of myself and to pace myself as I take on challenges.

Email barrie.mcentee@dcu.ie (Counsellor) to express your interest and get the link to register.

The Counselling & Personal Development Service

