Improv for Anxiety

Student Mental Health offers an experiential-based psychotherapy group for social anxiety to adults, both students and non-students.

People with social anxiety confront a variety of situations in which they fear feeling foolish. They avoid things such as novel activities, interacting with new people, making eye contact, and speaking in public. Escaping unpleasant situations can bring instant relief but in the long run will further restrict their lives.

Improvisation is a group performance technique centered on spontaneous, responsive interactions. By learning basic improv skills, participants will face their social fears and gain confidence. These sessions will provide an opportunity to practice new behaviors in a supportive environment.

Format

- Begins July 11, 2016
- 6 consecutive Mondays at noon for 80 minutes
- Limited to 12 people
- The group combines improvisation and experiential-based psychotherapy.
- Members will gain the most from attending every week.

Fees: Please check with your insurance to determine coverage for group therapy and if a prior authorization is needed.

Contact Robert Rosenthal, PsyD at 303-724-9637 to schedule a screening for this group.

Student Mental Health
smhservice@ucdenver.edu
Bldg 500, #E2343