

Virtual Young Adult Social Anxiety Group

As a part of our Launching Emerging Adults Program (LEAP), CUCARD midtown offers virtual groups for young adults ages 18-28 who are experiencing distress or interference in functioning due to social anxiety. Groups are presented in an exposure-based approach to reduce anxiety and increase self-efficacy in managing anxiety-provoking and developmentally challenging situations (e.g., job/college interviews, dating, assertiveness, virtual communication).

What is Cognitive Behavioral Group Therapy?

CBGT is a goal-directed and semi-structured therapy. The group involves:

- Education about the nature of social anxiety and cognitive behavioral therapy
- Developing individualized treatment goals for each participant
- Building and reinforcing social skills and problem-solving skills
- Assertiveness training
- Training in identification and challenging of maladaptive thought patterns
- Exposure to personally relevant anxiety-provoking social situations and scenarios in a supportive setting
- Expanding virtual communication skills and remote social engagement
- Assistance with important life transitions

Group Leader



Dr. Blake Zakarin
Clinical Director, CUCARD

Meeting Time:
Wednesdays, 5PM-6:30PM

All group sessions will be held remotely via Telehealth video visits

For more information or to make a referral, please contact:

Devon Seelig (212-342-0951)