ACT GROUP FOR ANXIETY MANAGEMENT

If you find yourself struggling with worries, nervousness, stress, panic, or physical symptoms of anxiety (such as IBS, high blood pressure, headaches, or muscle tension/pain), you may benefit from this evidence-based treatment. This 10-session group will teach you how “common sense” reactions to anxiety are often very things that keep you stuck, and how you can take ACTion to feel better.

• Learn why your anxiety and stress persist despite your best efforts and what you can do differently to experience greater success
• Change your relationship with your own thoughts and feelings
• Identify the life choices most likely to help you minimize your suffering

Where: South Shore Medical Center, White Horse Conference Room
148 Longwater Dr., Norwell, MA

Contact Dr. Mohr at 781-551-0999 x468. This group may be covered by your health insurance. Please speak with Dr. Mohr for details.

Dr. Mohr has extensive experience providing psychotherapy to adolescents and adults. Her primary specialty areas focus on optimizing wellness and functioning related to eating and weight, stress/anxiety management, and coping with chronic conditions such as diabetes and chronic pain. Dr. Mohr utilizes cognitive behavioral and mindfulness-based therapies (CBT and ACT), as well as biofeedback techniques to improve clients’ ability to regulate their mood, behavior, and physiological reactions. She is also interested in the connection between close relationships and neurological development and how these factors contribute to psychological well being.