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Cognitive Behavioural Therapy for Social Anxiety Disorder

What is Social Anxiety Disorder?

We all live in a social world, filled with neighbours, colleagues, friends and family; therefore anxiety in the presence of others can be particularly debilitating. Social Anxiety Disorder, or Social Phobia, is the most common anxiety disorder. People experiencing Social Anxiety Disorder can fear a wide range of social situations while others may only fear specific situations such as giving presentations or public speaking. These fears can be triggered by perceived or actual scrutiny from others. While the fear of social interaction may be recognized by the person as excessive or unreasonable, overcoming it can be quite difficult.

Social Anxiety Disorder is known to appear at an early age in most cases. This early age of onset can mean that people with social anxiety disorder miss out on key aspects of life they value, for example promotion at work or feel uncomfortable when meeting new people. This in turn can lead to dissatisfaction and feeling low in mood.

Some people may describe themselves as shy or socially anxious and yet not identify with all of the difficulties described by Social Anxiety Disorder. We know that some people are naturally shy and very content with their life; just as some people are naturally extrovert and are happy to be centre of attention. However if shyness or anxiety in social situations is causing difficulty in your life then we would encourage you to seek support to overcome these difficulties and achieve your goals.

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Tell tale signs?

Feelings of anxiety in one or more social situations, with fears regarding scrutiny from others. Physical symptoms of anxiety include excessive blushing, sweating, trembling, palpitations and nausea. Stammering or rapid speech may also occur. Panic attacks can also occur under intense fear and discomfort.

An early diagnosis may help minimize the symptoms and the development of additional problems. It is common that some sufferers may use alcohol or other drugs to reduce fears and inhibitions at social events. However, sadly these coping strategies often have unintended consequences; increasing the importance of seeking support to overcome social anxiety.

CBT for Social Phobia can help you to overcome anxiety and feel more confident in social situations. Whatever your difficulty, in CBT you will develop specific tools and skills to achieve your goals.

For more information or to book your therapy session – Contact us today on 01993 201327 or info@OxfordCBT.co.uk.

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