Mind-Body CBT Group

A picture containing sky, tree, outdoor, sunset

Description automatically generated

This is a short-term, online, 8 week skills-based group that combines Cognitive Behavioral Therapy (CBT) with chair yoga and mindfulness-based practices to help improve mood and increase one's sense of well-being. CBT and yoga have a proven ability to decrease anxiety and depression. By combining both of these modalities, along with mindfulness, participants will become more aware of triggers to stress, anxiety, and depression and will learn the skills to improve their mood.

**Who**: Adults experiencing symptoms of anxiety and depression who reside in the state of MA. Open to LGBTQ, straight, and people from all diverse backgrounds welcome.

**Cost:** $40, BCBS and Aetna insurance may be accepted

**When:** This group will start in August, 2021. The group will take place on Thursday evenings.

**Group Leader:** Laura Stevens LICSW has an MSW degree from Columbia University.  She has been in practice for the past 15 years. Laura specializes in CBT and she teaches CBT at Simmons College. Laura is a certified Yoga and Meditation Instructor and she has extensive experience integrating mind-body interventions into clinical practice.

Please contact Laura at [lstevens@laurastevenslicsw@gmail.com](mailto:lstevens@laurastevenslicsw@gmail.com) or 781-483-1300 for more information.