

Y-CBT *(Yoga Cognitive Behavioral Therapy)*

People who struggle with anxiety find themselves developing behaviors to compensate for the stress that they are experiencing such as social withdrawal, avoidance, and managing big emotions. Targeting these symptoms and building skills will result in a greater capacity to face the stressors that life brings.

Now for
Middle School
Students!

Y-CBT teaches kids and adults to break this cycle by creating a neutral place that leaves self-judgment and criticism behind. Participants learn to quiet the negative self-talk of anxiety and worry, while also quieting the body with a variety of yoga and breathing techniques from Kundalini yogic traditions.

Y-CBT Teen targets the important milestones in adolescent development along with the inter and intra personal struggles that teens face when managing the problematic symptoms of anxiety and depression.

This model offers a 6-session group treatment program that provides participants with a progressive treatment model which offers skills to impact the cognitive and physical symptoms of anxiety and depression.

Middle School Students

Thurs: 7pm – 8:30pm

Beginning 9/13/2018

High School Students

Weds: 7pm – 8:30pm

Beginning 9/12/2018

Adults

Mon: 10am – 11:30am

Beginning 9/10/2018

NEW
LOCATION!!!!

\$50 per meeting = \$300

at Vorpahl Psychology Associates
266 Main Street, Building 3, Suite 33a
Medfield, MA

*Wear comfortable clothes and bring water. There is no yoga experience needed.
Y-CBT introduces very simple movements, meditation, & breath.*

Visit vpa-psychologist.com for more information.

Please email drvorpahl@yahoo.com to sign up.