



ANXIETY

Anxiety, especially in its more severe forms such as panic disorder, generalized anxiety disorder (GAD) and obsessive compulsive disorder (OCD) can affect adolescents and adults alike. Students in Singapore suffer from high levels of anxiety; 0.9% and 3% of the population suffer from GAD and OCD respectively.

The impact of Anxiety on quality of life can be significant and incapacitating – experienced by physical and psychological symptoms such as: **muscle aches, tremors, palpitations, breathlessness, stomach upset, sweating, dizziness, irritability, feelings of sadness, restlessness, excessive worrying, easily startled, panicking, crying and/or poor concentration and memory.**

Given the critical need to treat debilitating symptoms of Anxiety, Daylight Creative Therapies (DCT) currently provides psychotherapeutic treatment for Anxiety through creative and neurobiologically informed processes in a group therapy setting over four weekly 1.5 hour sessions.

The aim of the group sessions is to provide a holding space to connect people experiencing anxiety toward a joint goal: **to address the importance of the bio-psycho-social components of effective treatment and eliminating debilitating physical/psychological symptoms through personal insights, compassion and growth to push back the fear and be empowered.**

Duration:

**4 Sessions (consecutive weeks),
1.5 hours per session**

Cost:

Early bird rate: **\$90 per session (\$360)**
Standard rate: **\$100 per session (\$400)**

No. of participants : 4 to 10

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