## mentalhealthonline Social Anxiety Online



SWINBURNE UNIVERSITY OF TECHNOLOGY

Social Anxiety Online is a free, 12-module, self-paced program that utilises the theory and treatment principles of Cognitive Behavioural Therapy (CBT). This program is appropriate for anyone experiencing social anxiety, not just those with a diagnosis of Social Anxiety Disorder. The program incorpora

Social Anxiety Disorder. The program incorporates behavioural, cognitive and lifestyle-based interventions in order to help clients understand the nature of social anxiety and learn strategies to manage anxiety and develop new skills.

#### There are a few ways clients may benefit from this program:

- Clients can work through the online modules independently. They will be provided with different types of resources including **information**, **videos**, **worksheets**, **audio files** and **homework** tasks.
- You can support the client to complete the worksheets and homework tasks as part of your clinical work.
- Clients can be supported by our **Therapist Assist Program**, which involves 12 weeks of therapist contact via email and optional live sessions (video or live chat). Therapists support clients to work through program content and tailor the information to their needs.
- You can use relevant activities and worksheets to use with clients in your practice.



Behavioural Interventions

Preparation for change (Module 2)

> Relaxation (Module 3 & 4)

Mindfulness (Module 3 & 6)

Exposure planning (Module 7 & 8)

Exposure practise (Module 9 & 10)



### Cognitive Interventions

Thought monitoring (Module 5)

Constructive thinking (Module 6)



### Lifestyle Interventions

Problem solving (Module 10)

Interacting with others (Module 9 & 11)

Coping with setbacks (Module 12)

## **Module Content**

퇫 Worksheet 🛛

Practice Exercise

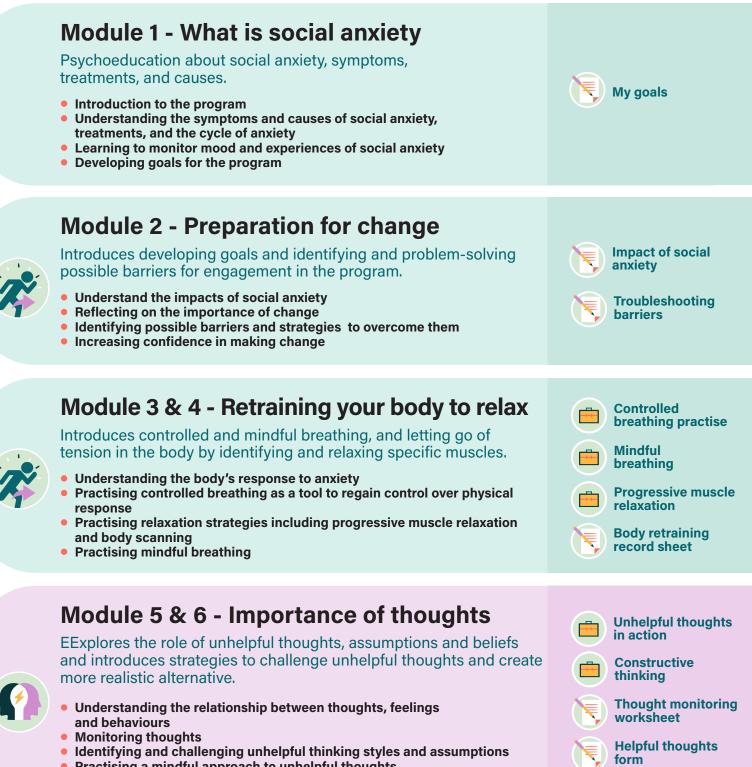


Help clients to apply what they're learning to real life social scenarios



Some clients find mindfulness difficult to understand and practice - support them by reminding them that the focus is on the present rather than on a mind empty of thoughts.

Some clients find exposure work difficult and may need extra support implementing these tasks.



Practising a mindful approach to unhelpful thoughts



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# **Module Content**



### Module 7 - Understanding exposure therapy

Introduces exposure therapy and exposure hierarchies

• Understanding exposure therapy and how it can be helpful for social anxiety

Understanding different types of exposure therapy (imagined, body & event).

**Unhelpful thoughts** in action



**Practice sensation** 

**Imagined** exposure SUDs rating form

**Recording your** 

**Reflecting on** 

**Problem solving** 

**Evaluate possible** 

progress

worksheet

exposure

worksheet

### Module 8 & 9 - Exposure therapy



Introduces imagined exposure, exposure to uncomfortable body sensations, and real-world exposure

- Practising imagined exposure
- Practising exposure to uncomfortable body sensations
- Creating and conducting an exposure task
- Recognising and reducing safety behaviours and avoidance

### Module 10 - Staying on track

Addresses common barriers to progress and provides suggestions to troubleshoot and boost motivation

- Reflecting on exposure practises and overall progress
- Identifying and problem-solving barriers

### Module 11 - Interacting with others



Provides information on communication and social interactions skills

- Understanding different communication styles (assertive, aggressive, passive)
- Understanding non-verbal communication
- Developing active listening skills



### Module 12 - Maintaining gains

Review progress and new skills. Learn to cope with setbacks.

- Preparing for and overcoming challenges and setbacks
- Identifying skills and learn to congratulate self



**Review exposure** monitoring





solutions

**Checklist of** setbacks