



Fear of Flying Group

*4 group sessions
+ 1 Full-Day Flight Experience*

Do you avoid travel because of an excessive fear of flying?

You don't need to suffer or change your plans any longer. In this group, you will:

- Identify your personal motivation and goals for flying
- Learn about your anxiety and how it affects you in flight
- Gain an understanding of the basic mechanics of planes and flights
- Learn tools and skills to manage flying anxiety...and FLY!

This five-week, evidence-based Cognitive Behavior Therapy (CBT) group will teach strategies for overcoming anxiety in a supportive, non-threatening environment. Participants can expect to:

- Challenge and reframe negative automatic thoughts
- Distinguish between real danger and misleading fear
- Use mindfulness and acceptance strategies to address anxiety
- Take on the challenge of an actual flight!

After 3 weekly sessions, the group will embark on a day-long round-trip flight on a commercial airline to a regional city, followed by a final debriefing session held one week later.

Beginning Late September or Early October

For more information: 202.363.1010 ext. 0 | RossCenter.com | dcinfo@rosscenter.com

LED BY KATHY HOGANBRUEN, PHD

The Ross Center is located at 5225 Wisconsin Avenue, Suite 400, NW, Washington, DC, directly across the street from the Friendship Heights metro stop (Jenifer Street exit – Red line)