



# Fear of Flying Weekend Group

*April 6 – 8, 2019*

*Includes a 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
- Understand how to minimize feelings of panic and gain relaxation skills

This intensive weekend Cognitive Behavior Therapy (CBT) group will teach strategies for overcoming your fear 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!

**Friday, April 6<sup>th</sup>, 4-6 pm: Introduction**

**Saturday, April 7<sup>th</sup>, 10-5 pm: Instruction & CBT Skill Building**

**Sunday, April 8<sup>th</sup>, 9-5 pm: Group Flight**

For more information: 202.363.1010 ext. 0 | [dcinfo@rosscenter.com](mailto:dcinfo@rosscenter.com)

<https://www.rosscenter.com/services/group-therapy>

**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)