

Social Anxiety Online



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 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)



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.

Module 1 - What is social anxiety

Psychoeducation about social anxiety, symptoms, treatments, and causes.

- Introduction to the program
- Understanding the symptoms and causes of social anxiety, treatments, and the cycle of anxiety
- Learning to monitor mood and experiences of social anxiety
- Developing goals for the program



My goals

Module 2 - Preparation for change

Introduces developing goals and identifying and problem-solving possible barriers for engagement in the program.

- Understand the impacts of social anxiety
- Reflecting on the importance of change
- Identifying possible barriers and strategies to overcome them
- Increasing confidence in making change



Impact of social anxiety



Troubleshooting barriers

Module 3 & 4 - Retraining your body to relax

Introduces controlled and mindful breathing, and letting go of tension in the body by identifying and relaxing specific muscles.

- Understanding the body's response to anxiety
- Practising controlled breathing as a tool to regain control over physical response
- Practising relaxation strategies including progressive muscle relaxation and body scanning
- Practising mindful breathing



Controlled breathing practise



Mindful breathing



Progressive muscle relaxation



Body retraining record sheet

Module 5 & 6 - Importance of thoughts

EExplores the role of unhelpful thoughts, assumptions and beliefs and introduces strategies to challenge unhelpful thoughts and create more realistic alternative.

- Understanding the relationship between thoughts, feelings and behaviours
- Monitoring thoughts
- Identifying and challenging unhelpful thinking styles and assumptions
- Practising a mindful approach to unhelpful thoughts



Unhelpful thoughts in action



Constructive thinking



Thought monitoring worksheet



Helpful thoughts form

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 Developing fear hierarchy

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

 Practice sensation worksheet Imagined exposure SUDs rating form Recording your exposure

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

 Reflecting on progress Problem solving worksheet Evaluate possible solutions

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

 Review exposure monitoring

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

 Checklist of setbacks