



ALABAMA A&M UNIVERSITY'S DEPARTMENT OF PSYCHOLOGY & COUNSELING PRESENTS...

EMOTIONAL WELLNESS AND CAREERS IN PSYCHOLOGY & COUNSELING SPEAKER SERIES: MANAGING ANXIETY TOGETHER: GROUP THERAPY CURRICULUM FOR ANXIETY TREATMENT

WHO: LAURA BOOTHE, ALC

WHERE: ZOOM

ID: 441 582 5072

WHEN: 2/20 @ 6PM

In this program, attendees will examine the presenter's group therapy curriculum entitled "Managing Anxiety Together". Attendees will learn nervous system and cognitive behavioral approaches for treating anxiety in a group setting. Attendees will explore the presenter's process in creating the curriculum and her keys to starting a successful group.



Laura Boothe, ALC is a graduate Richmond Graduate University in Chattanooga, TN. She is certified in Perinatal Mood and Anxiety Disorders and Integrative Somatic Trauma Therapy. She is a therapist at New Leaf Counseling.

Coordinated by Jo Lauren Weaver, PhD, LPC

*Sponsored by Alabama Division of the American Rehabilitation Association
President Shatoi Scott, PhD, LCMHC, CRC*

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