

Worry Busters



Worry Busters is a structured and comprehensive evidence-based treatment for individuals with anxiety/fears (e.g., generalized anxiety, social anxiety, panic, specific fears/phobias, separation anxiety)

Structure

- On average: 8-14 weekly sessions
- 2-3 booster/follow-up sessions

Approach

- Compassionate and empowering manualized treatment grounded in Cognitive-behavioural therapy
- Easy-to-use handouts, worksheets, and strategy lists provided weekly

Topics Covered

- Education about fears/anxiety (e.g., anxiety body signals)
- Relationship among thoughts, feelings, and behaviours
- Realistic thinking strategies
- Relaxation strategies
- Exposure and Response prevention (if relevant)
- Personalized triggers (e.g., feelings, thoughts, environments) that cause anxiety to worsen
- Customized Toolbox/Plan of action when faced with triggers
- Self-compassion/self-acceptance exercises
- Other proven-effective skills for managing stress and triggers including mindfulness, distress tolerance, emotion regulation, and problem-solving techniques
- Relapse prevention plan
- For Youth clients: Parent component to discuss tips for parenting a youth with anxiety

