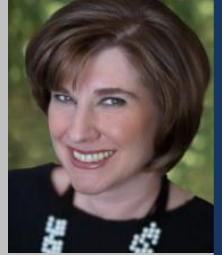




The Snow Psychology Group

WWW.SNOWPSYCH.COM

Selena C. Snow, Ph.D., Licensed Psychologist
drselenasnow@snowpsych.com
(240) 676-4206



Group Cognitive Behavioral Therapy (CBT) for Depression and Anxiety

Where: ONLINE via Telehealth during Coronavirus Safety Restrictions

When safe to return to in-person sessions:

The Snow Psychology Group, LLC
6274 Montrose Rd
Rockville, MD 20852

When: 14-week series, Tuesday mornings, 10-11:15 AM

Who: Adults who are feeling depressed and/or anxious and would like to learn behavioral and cognitive skills to feel better. Individuals may or may not already be in individual therapy. Group therapy can be an excellent supplement to individual therapy. Group is led by Dr. Snow, an experienced clinical psychologist. Group size is small to ensure ample individualized attention. Individual intake session required prior to beginning of group.

Cost: \$100 per weekly session. May be reimbursed by your insurance. Credit cards accepted.

What you will gain from participation:

- Recognize your negative thought patterns and mistakes in your thinking
- Learn new constructive ways of thinking that will improve your mood
- Practice your new skills and get corrective feedback
- Learn relaxation strategies to prevent emotional flooding
- Receive support from peers with similar problems

To register: Contact (240) 676-4206 x1 or info@snowpsych.com