

# "Social Ease" Treatment Information

## What you should know

The Social Ease Treatment is designed to help teens with social anxiety disorder overcome their fears and improve their social functioning.

### Here's a summary of what parents need to know about Social Ease Treatment:

1. **Cognitive-Behavioural Therapy (CBT) Foundation:** Social Ease Treatment is rooted in Cognitive-Behavioral Therapy, which is a well-established and evidence-based treatment for social anxiety. It focuses on challenging and modifying negative thought patterns and beliefs, as well as gradually exposing your teen to feared social situations.
2. **Gradual Exposure to feared situations:** A key component of Social Ease Treatment is exposure therapy. This involves gradually exposing your teen to anxiety-provoking social situations in a controlled and systematic manner while refraining from engaging in avoidance or safety behaviours. This helps your teen learn that their feared outcomes are unlikely to occur and reduces anxiety over time.
3. **Skills Training:** Social Ease Treatment incorporates skills training to enhance social functioning. It involves teaching your teen specific social skills, such as assertiveness, effective communication, and coping strategies for managing anxiety symptoms in social situations. These skills are practiced both in therapy sessions and in real-life scenarios.
4. **Practice Outside Therapy:** Treatment effectiveness is enhanced when your teen actively applies the skills and strategies learned in therapy to their daily lives. Parents can support their teen by encouraging them to practice social skills in various settings, providing positive reinforcement, and reinforcing the importance of persistence and patience during the treatment process.
5. **Duration and Individual Variations:** The duration of Social Ease Treatment varies depending on the individual's progress and needs. Some individuals may achieve significant improvement in a relatively short period, while others may require longer-term treatment. Each person's journey is unique, and treatment plans are tailored to address individual challenges and goals.

It is important for parents to collaborate with the therapist, stay informed about the treatment process, and offer emotional support to their teen throughout their social anxiety treatment. By being involved and understanding the therapeutic approach, parents can play a crucial role in their teen's progress and recovery.

# How does the Treatment work?

The Treatment includes several components, including:

- **Psychoeducation:** The first few sessions are dedicated to educating the teens about social anxiety and how it affects them. They learn about the physical symptoms of anxiety and how to recognise when they are experiencing anxiety.
- **Safe exposure:** The treatment includes gradual exposure to feared social situations. This helps teens learn that they can cope with anxiety-provoking situations.
- **Social skills training:** The treatment teaches teens specific social skills, such as assertiveness, conversation skills, and problem-solving skills. These skills help teens feel more confident in social situations and reduce their social anxiety.
- **Reframing negative thoughts:** This component involves helping teens identify and challenge their negative thoughts and beliefs about social situations. They learn to replace negative self-talk with positive, realistic thoughts.
- **Parent involvement:** Parents are involved in the treatment process and learn how to support their teens in overcoming social anxiety.
- **Overall, the Social Ease Treatment is an effective treatment for social anxiety in teens. It has been shown to significantly reduce social anxiety symptoms and improve overall functioning in adolescents.**

## How Cognitive Behavioural Hypnotherapy addresses Social Anxiety in Teens & How it can help

**Cognitive Behavioural Hypnotherapy combines cognitive behavioural therapy (CBT) strategies with hypnosis. So this means that I will work with your teen to identify their limiting thoughts, feelings and behaviours in relation to their social anxiety that are holding them back at school.**

We will then work together to change these limiting thoughts, feelings and behaviours into ones that serve them better. These positive changes will then be rehearsed with hypnosis to embed the changes at a deeper level.

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## 4 Benefits of the “Social Ease” Treatment

- **Relax In Social Settings**

The treatment will teach your teen how to relax in social settings by using relaxation techniques and visualisations. This will give them confidence and control over their fear and anxiety prior to and when in the company of others.

- **Restore Your Teen's Confidence using Hypnosis**

Our hypnosis-based therapy is all natural and resembles daydreaming. Through hypnosis your teen will use their imagination to bring about positive thoughts and emotions and rehearse behaviour change. I'll help your teen start trusting themselves to be around other people without feeling anxious, fear, or weirdness.

- **The Confidence Your Teen Desires**

Your teen will be in full control of their emotions and reactions - no more stress or worry about being judged by their peers. With guidance and support, they'll regain the confidence to live the life free from anxiety that they deserve.

- **Easy & Quick Solution**

No need to spend hours stuck in a session - our specialised treatments are designed with efficiency in mind, so your teen can start feeling better within weeks! All they need is just a willingness for change - no need to believe that it will work for it to be effective.

## Frequently Asked Questions

### What does Hypnosis feel like?

#### **Natural Form of Treatment**

Hypnosis is natural, somewhat like day-dreaming. It's something we all do several times a day without realising it! Your teen doesn't need to believe that the therapy will work, they only need to want to change.

#### **Relieve Stress With Hypnosis**

We use hypnotherapy to help your Teen's mind ease and relax; this natural, safe state of relaxation works wonders in relieving mental stress caused due to social anxiety.

#### **Realise Fewer Fears In Everyday Life**

When your teen is free from their social anxiety, they'll have the confidence to go wherever they want without fear or hesitation. Enjoy life together without worry!

## Why is it so effective in working with Teens?

Hypnosis is a natural state that most people experience every day, such as when we daydream or become engrossed in a book or movie. This means that hypnosis is a familiar and comfortable experience for most teenagers, making it easier for them to enter into a hypnotic state.

Hypnosis allows for direct communication with the subconscious mind, which is the part of the mind that governs emotions, beliefs, and habits. This is particularly important when working with teens, as their subconscious minds are still developing and can be more receptive to suggestions for positive change.

Hypnosis can help teens access and process difficult emotions and experiences in a safe and supportive environment. This can be especially beneficial for teens who may be resistant to traditional talk therapy or who struggle to express their emotions verbally.

## What do the sessions look like?

**The sessions are between 50 minutes to 1 hour, once a week.**

### **Initial Consultation:**

During the first session we will focus on understanding your teen's social anxiety at school to ensure I have a comprehensive understanding of their situation. Based on this information, I will provide your teen with knowledge about how social anxiety may have developed for them. I will assess your teen's current mental health and create a personalised treatment plan that is tailored to their unique goals and needs.

### **The Journey Ahead:**

After the initial consultation we will have sessions weekly embarking on your teens journey of self-improvement. Typically treatment can be between 4-6 sessions however this may be longer or shorter depending on several factors: the nature and severity of social anxiety, readiness and motivation to change and work towards goals and any external elements impacting your teen's life.

Throughout the sessions we will work together to develop positive behaviours and coping mechanisms to help manage your teen's social anxiety in different situations. Through hypnosis, we simulate scenarios that involve interacting with people, which helps establish new automatic responses in your teens mind.

Your teen will experience firsthand how this simple yet effective process can help them overcome their social anxiety and leave them feeling more confident and in control in social situations.

I will work closely with your teen to help identify and overcome any triggers that they may have encountered and review their progress weekly.

## **Knowing When to End Therapy for Teen Social Anxiety:**

You may be wondering, how will my teen know when to end therapy?

We will review your teens progress weekly, when its time to end the sessions this may be decided if your teen feels more confident in social situations, has developed effective coping strategies, and feels equipped to manage future challenges that may arise.

## **How many sessions are recommended?**

4-6 sessions are recommended, however this could be more or less depending on the individual's situation.

## **What do I need to get started?**

No matter where you are located in the world, your teen can get started today.

To get your teen started, all they'll need is:

- A device (such as a tablet, smartphone or PC) with Zoom, Skype, or Microsoft Teams installed
- A credit or debit card to make the online payment (which you'll receive a payment link for)
- Most importantly, your teens willingness and desire to overcome their social anxiety at school

**Jo Tripier Lorio is a dedicated therapist who specializes in helping teenagers dealing with social anxiety in both academic and social environments.**

**The Social Ease Programme for Teenagers**