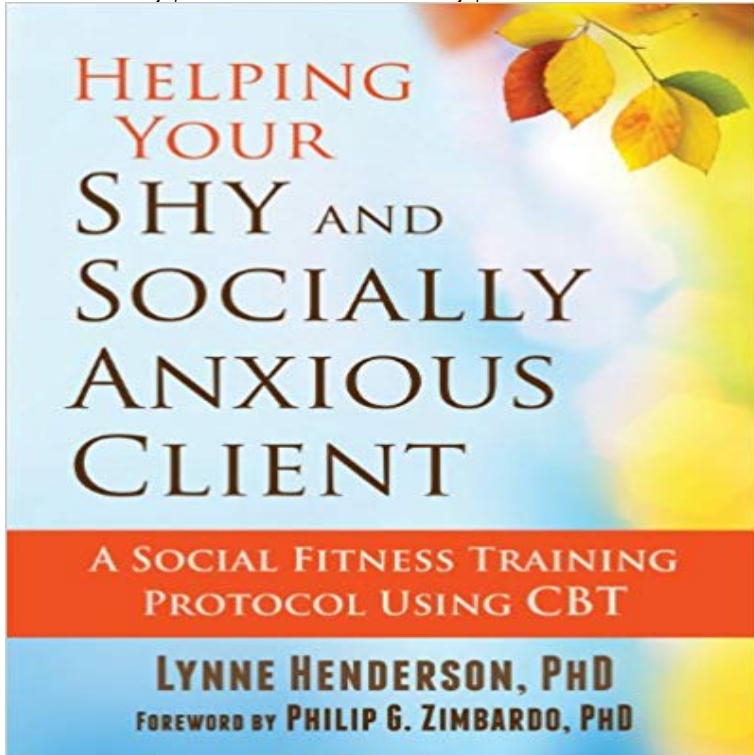


# Helping Your Shy and Socially Anxious Client: A Social Fitness Training Protocol Using CBT



Helping Your Shy And Socially Anxious Client presents a breakthrough therapeutic approach to treating social anxiety. In a world dominated by extroverts, being shy or socially anxious can make life especially challenging. And while there is nothing wrong with being naturally introverted, avoiding social contact due to extreme fear and anxiety can be very damaging both mentally and physically. As a therapist, you understand that avoidance can often make a client's anxiety worse. But many clients with shyness and social anxiety believe they can never change. In fact, they may strategically adjust their lives to avoid social activities or situations that make them uncomfortable. In a sense, they allow their social muscles to atrophy, and in the end may become even more alienated and despondent. There is hope. Just as physical fitness strengthens the body, social fitness can be developed through habit and action. In *Helping Your Shy and Socially Anxious Client*, shyness expert Lynne Henderson presents the Social Fitness program, a twelve-session cognitive behavioral model for clients with shyness and social anxiety. Inside, mental health professionals will learn powerful tools for helping clients strengthen their social skills, track their successes, and learn to cope with setbacks or hurdles. The techniques described in this manual were developed for the Stanford Shyness Clinic by Philip Zimbardo, and are currently being used by the Shyness Institute in Berkeley to educate therapists and other counselors. Find out more at [shyness.com](http://shyness.com).

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Building social confidence using compassion-focused therapy to overcome shyness and your shy and socially anxious client: A Social Fitness Training protocol using CBT and Helping your shy and socially anxious client: A Social Fitness Training protocol using CBT. **Helping Your Shy and Socially Anxious Client: A Social Fitness** Nov 15, 2014 compassion and to mindfully develop healthier relationships with difficult emotions. Identify the components of the CBT model of Social Fitness Training and the the U.S in 2011, and Helping your shy and socially anxious client: A Social. Fitness Training protocol using CBT, published in the U.S. by New **Helping Your Shy and Socially Anxious Client: A Social Fitness** Jan 4, 2017 Henderson, Lynne. Helping Your Shy and Socially Anxious Client: A Social Fitness Training Protocol Using CBT. New Harbinger Publications **2014\_ADA v5\_3\_25\_Henderson - Anxiety and** New book: Helping your Shy and Socially Anxious Client: A Social Fitness Training Protocol Using Henderson, Ph.D, (2014): **Compassionate Social Fitness: Theory and Practice - ppt download** Mar 1, 2014 Helping Your Shy And Socially Anxious Client presents a breakthrough therapeutic approach A Social Fitness Training Protocol Using CBT. **Download Helping Your Shy and Socially Anxious Client: A Social** Jul 10, 2016 Depathologizing shyness: Social Fitness .. Helping your shy and socially anxious client: A Social Fitness. Training protocol using CBT. **Q&A, Part Two: Lynne Henderson, author of Helping Your Shy** Helping Your Shy and Socially Anxious Client: A Social Fitness Training Protocol Using CBT eBook: Lynne Henderson, Philip G. 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Fitness Training protocol using CBT. **Helping Your Shy and Socially Anxious Client: A Social Fitness** Helping Your Shy and Socially Anxious Client : A Social Fitness Training Protocol Using Cbt [Paperback]. by Henderson, Lynne / Zimbardo, Philip G. (FRW). **Compassionate Social Fitness for Shyness and Social Anxiety** Aug 5, 2016 - 17 secDownload Helping Your Shy and Socially Anxious Client: A Social Fitness Training Protocol **Helping Your Shy and Socially Anxious Client: A Social Fitness - Google Books Result** Helping Your Shy and Socially Anxious Client: A Social Fitness Training Protocol Using CBT And while there is nothing wrong with being naturally introverted, avoiding social contact due to extreme fear and . to clients about components of the model, offering

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