

Conquering Anxiety: Tools for Healthy Living

Frequently Asked Questions

How does this program work?

This classroom program combines lecture, presentation, written materials, and demonstration. Its approach comes from [Cognitive Behavioral Therapy](#) which is an evidence-based approach to helping individuals with anxiety concerns. Each session is 75-90 minutes long.

The workshop is seven sessions and we encourage you to attend weekly so the material will be more cohesive. You can start at any time.

I'm worried about having to speak in front of others. Will I be required to share in the class?

No. It is primarily a classroom program. Participation does not require that you share. You may ask questions or, if you like, you may share your experience using the skills you learn.

Do I have to be a patient of The Everett Clinic to participate?

No. We are making this program available to any member of our community who is struggling with an anxiety problem.

Do I have to complete any paperwork to enroll?

If you have not been seen by a Behavioral Health provider at The Everett Clinic, it will be necessary for you to complete an intake form, as well as a consent for services, which provides us with information to ensure you are receiving the services you need and authorizes us to bill your insurance.

What if I miss a class?

We understand that weekly attendance at times is not possible. There is no cancellation fee for missing or canceling this workshop. However, we would like you to let us know. The size of the room limits the number of participants, so knowing who plans to attend is very helpful.

How much does it cost?

Because participants have an anxiety condition, we bill these visits to your health insurance. Your portion of the cost will vary depending on your particular insurance coverage. It is billed as group therapy. Check with your insurance carrier for specific coverage benefits. If you have questions, please call us at (425) 339-5453.