



GROUP CBT OF ANXIETY FOR ADULTS
UW HEALTH-PSYCHIATRY
6001 RESEARCH PARK BLVD
MADISON WI 53719

Group Leader:

Peter Kane, PhD

Group Day/Time:

Thursdays, 3:30-5:00pm

Group Description:

Transdiagnostic CBT group for Adults with Anxiety – a new group therapy that integrates CBT approaches across different adult anxiety disorders. This approach is not solely supportive or educational in nature – it incorporates ALL components of traditional CBT, including cognitive restructuring and graduated exposure.

Groups organized by diagnosis are notoriously difficult to recruit for and most CBT approaches for anxiety incorporate very similar techniques. By collapsing across diagnoses (which tend to have high rates of comorbidity), the treatment increases efficiency, availability, and accessibility of this evidence-based therapy.

Inclusion Criteria:

- Adults (age 18+)
- Primary diagnosis of Generalized Anxiety Disorder (GAD), Social Phobia, Panic disorder, or Anxiety Disorder Not Otherwise Specified
- Willingness to engage in weekly group treatment
- Willingness to participate in behavioral exposures, and between-session assignments

Exclusion Criteria:

- Other PRIMARY psychiatric disorder (e.g., PTSD, OCD, depression, psychosis)
- Primarily seeking care for transient “stress” or adjustment concerns
- Active psychosis, self-harm, or high risk for suicide
- Substance dependence
- Personality pathology to extent that would likely interfere with group setting.

Instructor



Peter Kane, PhD

Dr. Kane is trained in cognitive behavioral therapy and exposure therapy with adults. He has sought additional training in mindfulness-based therapies, has completed the International OCD Foundation's Behavior Therapy Training Institute, and is Dipolomate of the Academy of Cognitive Therapy. Dr. Kane specializes in evidence-based treatment for adults with anxiety disorders and obsessive-compulsive disorder (OCD) as well as supervision of psychology and psychiatry trainees.

Providers: *To refer a teen to this group – please send a Re: Patient message via Epic*