



CBT Workshop for Perinatal Anxiety

- 1) In order to be eligible: each participant will: identify their primary therapist, which is required, sign a release of information for their therapist, confirm a primary diagnosis of anxiety or an anxiety related disorder, be pregnant or have delivered or adopted within the last year, and be located in MA at the time of the group. Everyone will be pre-screened for the group to confirm they meet all the outlined criteria.
- 2) **Assuming you meet the criteria above, please complete the registration by sending an email to Patricia Loewy, office manager, patricia@strongrootscounseling.com, with name, date of birth, and interest.**
- 3) Make your payment for \$400 via credit card (includes \$5 processing fee) (see cancellation policy below).
- 4) Receive your confirmation email with next steps.

What happens next: Once you email Patricia, you will receive documents from our secure portal. Please download each PDF, complete each page, and then upload again to our secure portal. Once we have received your application and payment you will receive a confirmation email indicating your participation in the program with a follow-up, brief screening call by group leader Mara Acel-Green, LICSW, to confirm.

This group will be filled on a first come, first served basis. If you are interested, please complete these forms as soon as possible to secure your spot. If you experience any technical issues please contact Patricia at 857-304-4025x103 for faster support.

Cancellation policy: This eight week group is \$400 to be paid at registration (with a \$5 processing fee). This secures your spot for the group. If spaces are filled, we will not process your payment. If there are space issues you will be asked if you want to join a waitlist. You will be charged if you choose to join the wait list **and** are added to the group. You will not be charged if you are not added to the group.

If you withdraw from the group more than seven days from the group start, there is a \$50 processing fee. If you withdraw from the group within seven days of the start there is a \$100

fee (September 26). If you withdraw from the group once the group has started there is a \$200 fee (October 2). If you withdraw from the group after three sessions or more there is no refund.

If the group leader assesses that you are not a fit for the group prior to the group your money will be refunded fully. If you are assessed as needing to withdraw from the group by the group leader, your money will be refunded less the \$50 processing fee and the \$50 per group session of sessions you have completed.