

ANXIETY FREE PROGRAM

Anxiety Free Program offers you step-by-step solutions to your anxiety symptoms. In individualized sessions, you will be working with me one-on-one to effectively, structurally and in a way that is personalized to you, recognize and target roots of your anxiety, connections of history to your current symptoms, and learn about ways to successfully cope should symptoms arise.

Program is broken into structured parts, however, flexible enough to meet your personalized needs, and those parts could be addressed in your chosen number of sessions. The program includes the following six modules:

1. Understanding Anxiety

- a. Learn about what anxiety is
- b. Be able to recognize anxiety symptoms
- c. Know how to identify triggers
- d. Change perception of anxiety as your enemy
- e. Discuss benefits of anxiety and how to use them to your advantage

2. Exploring Your History

- a. Recognize patterns in your life that lead to anxiety symptoms
- b. Gain understanding into learned behaviors and thought processes
- c. Draw connections between various aspects of your life

3. Targeting Current Stressors

- a. Assess current levels of anxiety symptoms
- b. Learn to recognize what triggers your anxiety symptoms daily
- c. Understand the relationship between your health and anxiety
- d. Get step-by-step guidance to cope with stressors

4. Healing Your Inner Child

- a. Understand learned patterns
- b. Engage in exercises that will help you connect to your younger self and heal
- c. Learn about benefits of acceptance and how to implement it
- d. Give yourself a hug by utilizing the brand new, healthy self-talk

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5. Developing Coping Tools

- a. Learn about different tools for anxiety management
- b. Receive personalized guide about tools that work specifically for you
- c. Get recommendations and tools to use at home and at times of anxiety

6. Anxiety Free

- a. Your anxiety first becomes your friend, then it reduces its symptoms!
- b. Living a new, different life, with more self-love and less anxiety
- c. Learning about how anxiety positively impacted you
- d. Receive tools to carry through life for prevention and enjoyment!

Welcome Packages are now **10% off** each:

Two Sessions \$380

Four Sessions \$720

Six Sessions \$1,080

Eight Sessions \$1,420 + “Anxiety Free” book

Ten Sessions \$1,800 + “Anxiety Free” book

Twelve Sessions \$2,160 + “Anxiety Free” book

*Each additional one-hour session - \$200

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ABOUT ME



My name is Suzana Sjenic, and I am a Licensed Mental Health Counselor (LMHC) specializing in treatment of anxiety disorders. Aside from my psychotherapy license, I hold a Certified Clinical Anxiety Treatment Professional (CCATP) certificate, and spend time outside of psychotherapy practice building on my knowledge of anxiety disorders through continuing education and research.

My book “Anxiety Free” was published in Serbian and English, and is currently on its 4th edition. In addition to the book, I created Anxiety Free mobile app to help guide you through a variety of exercises to reduce your anxiety symptoms.

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