



# STOP OVERTHINKING

## An 8-Week Virtual Group Therapy Series

**"You don't have to control your thoughts. You just have to stop letting them control you."**  
— David Foster Wallace

This 8-week group is designed to help individuals who struggle with chronic overthinking, anxiety loops, and self-doubt. Each week focuses on a specific theme to foster insight, connection, and personal growth. Through evidence-based strategies and supportive discussion, you'll learn how to step back from racing thoughts and start living more intentionally.

### **Week 1 (Oct 7): Understand Your Thoughts**

Learn what triggers overthinking and how it impacts your life.

### **Week 2 (Oct 14): Practice Mindfulness**

Explore simple tools to stay grounded in the present moment.

### **Week 3 (Oct 21): Be Kind to Yourself**

Shift your inner dialogue from critical to compassionate.

### **Week 4 (Oct 28): Build Healthy Habits**

Create routines that support clarity and calm.

### **Week 5 (Nov 4): Be Consistent**

Identify what works—and stick to it, your way.

### **Week 6 (Nov 11): Be Honest**

Use writing or discussion to externalize thoughts and feelings.

### **Week 7 (Nov 18): Be Patient**

Recognize that real change takes time and care.

### **Week 8 (Nov 25): Stop Overthinking**

Bring it all together—develop a healthier, more peaceful mindset.

## Details

- **When:** Tuesdays, 6:00 PM – 6:45 PM
- **Start:** October 7, 2025
- **End:** November 25, 2025
- **Where:** Online / Virtual via secure Telehealth platform
- **Facilitated by:** Licensed Mental Health Professionals at Doria Therapeutic Group, PLLC

## Format & Structure

- 8 weekly sessions (live and interactive)
- 45-minute guided format including tools, discussion, and reflection
- Led by licensed and pre-licensed clinicians
- Safe, inclusive, and growth-focused environment

## Who Should Join?

This group is ideal for adults who:

- Struggle with repetitive or racing thoughts
- Experience anxiety or decision paralysis
- Want to feel more present and in control
- Are open to reflection and personal growth in a supportive setting

## Cost & Insurance

### **Cost: \$85 per session**

Insurance may cover group therapy. Our billing coordinator will assist you with verifying your benefits and confirming coverage.

 **Please Act Now – Groups Fill Up Fast!**

Email: [mdoria@doriatherapeuticgroup.com](mailto:mdoria@doriatherapeuticgroup.com)

Phone: (914) 246-4100

Website: [www.doriatherapeuticgroup.com](http://www.doriatherapeuticgroup.com)



DoriaTherapeuticGroup



doriatherapeuticgrouppllc



doria-therapeutic-group-pllc