A number of randomized trials have demonstrated the efficacy of cognitive-behavioral therapy (CBT) for the treatment of Social Anxiety Disorder (SAD). However, no study has specifically examined the efficacy of such a treatment for ethnic minority clients. Thus, the purpose of this case study was to examine the utility of individualized CBT with a client who recently immigrated to the United States from China.

Ms. CM is a 32-year old woman who presented for treatment and was diagnosed with Social Anxiety Disorder (Generalized) and Major Depressive Disorder, Recurrent. Treatment was conducted over 16 sessions and focused on psychoeducation, cognitive restructuring, and exposure using Hope et al.’s *Managing Social Anxiety: A Cognitive Behavioral Approach* manual. The Social Anxiety Session Change Index (SASCI) and the BDI-II were completed prior to each treatment session to track symptoms and monitor progress. Assessment data indicate that Ms. CM experienced less social anxiety at the end of treatment (SASCI = 16) than she had experienced prior to beginning treatment (SASCI = 25). Also, her depressive symptoms became considerably less severe over the course of treatment, ranging from severe depressive symptoms at the beginning of treatment (BDI-II = 31) to minimal depressive symptoms at the end of treatment (BDI-II = 10).

Results will be discussed in terms of adapting treatment to enhance acceptability for and better fitting the needs of ethnic minority clients and non-native speakers of English. Implications for treating ethnic minority clients, as well as the practice of culturally sensitive treatment, will be discussed.