

Teen Anxiety & Exposure Therapy Group

Would your teen like help dealing with anxiety, fears, worry, and stress during these challenging times?



If your 13- to 18-year-old teen is struggling, they are not alone. As they continue to adjust to the changing environment around them, teens are faced with unprecedented stressors. Our group is in-person, providing additional opportunities for teens to face their fears and learn how to tolerate distress in a supportive environment. Your teen can find help using research-supported Cognitive Behavioral Therapy (CBT) and Exposure Response Prevention (ERP).

- ◆ Gain awareness of precipitating & perpetuating factors fueling and sustaining anxiety
- ◆ Learn various methods for managing physical, mental, emotional, and social effects of anxiety
- ◆ Participate in practical, specific, and engaging real-world practice experiences (a.k.a. exposures)

For information, contact **Susan Myket, Ph.D. & Associates**
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