

Teen Anxiety & Depression with Exposure

Would your teen like help dealing with anxiety, depression, loneliness, worry, and all the other intense feelings they're having during these challenging times?



If your 14 to 18-year-old teen is struggling, they are not alone. As we continue to adjust to the changing environment around us, high school teens are faced with unprecedented stressors. Our high school groups are in-person, providing additional opportunities for teens to interact and gain support. Your teen can find help using research-supported Acceptance & Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Exposure Response Prevention (ERP).

- ❖ Gain Social Experience & Meaningful Connections
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Valued Living Provide & Receive Support from Peers
- ❖ Participate in practical, specific, and engaging real-world practice experiences (a.k.a. exposures)

Insurance Accepted. In-network BCBS PPO

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