

# Anxiety Group for Teens & Young Adults



Using proven Cognitive Behavioral Therapy Tools & Techniques, we can help your teen or young adult combat anxiety and improve stress management.

## WHAT IS IT?

A therapy group to learn \*state-of-the-art techniques scientifically demonstrated to dramatically reduce and eliminate symptoms of anxiety. Addressing issues such as **social anxiety, procrastination**, feelings of **overwhelm** and **academic stress** participants will have the opportunity to experience:

- Skill Building and Review of Cognitive Behavioral Therapy Tools for Anxiety
- Peer Support, Encouragement, & Group Accountability
- Mindfulness & Relaxation Techniques for Stress Reduction

## STRUCTURE

Check-in/Support, Practice of Techniques, Q&A, Homework Creation & Accountability

## WHEN

November 6 - December 11, 6:00-7:30pm;

6 weekly meetings

**Contact us to be placed on our interest list.**

## COST

Space is limited to 7 participants. Each 6 week group is \$590 (includes an intake session). Credit card is required upon registration, payment plans available. Materials include the book *Tackling Anxiety How to Regain Your Peace of Mind* along with a class binder filled with self-help tools and useful articles for a one-time \$25 material fee.

## HOW TO ENROLL

Contact the **Feeling Good Center for Cognitive Behavioral Therapy** at **(914) 315-7950** or email **info@feelinggoodcenter.com**

*\*Cognitive Behavioral Therapy (CBT) is the most researched therapeutic approach and has been shown to be the most effective intervention for anxiety, depression and related conditions. The Feeling Good Center for CBT uses a more advanced form of CBT created by Dr. David Burns, Professor at Stanford University, which improves on standard CBT by incorporating empathy and motivational techniques.*



**Facilitator Bio:** Elise Munoz, LCSW-R has more than 15 years experience as a child, teen and young adult cognitive-behavioral psychotherapist and was a school therapist in Westchester for over 7 years. She has received extensive academic training in clinical psychology both in Europe and in the USA. Elise holds a Masters degree in social work from Fordham University. She is also a psychology licentiate from the University of Neuchatel and has a DESS (Pre-Doctoral MAS) in clinical psychology from Geneva University in Switzerland. She conducts therapy sessions in English or French.