

Teen Anxiety & Depression

& all the “My Daily Life has Radically Changed” Feelings

Would your teen like help dealing with anxiety, depression, and any other intense feelings brought out during these uncertain times?



As our worlds have been turned upside down, even more teens are struggling with their emotions. Our adolescent groups have successfully shifted to telepsychology where teens continue to interact and gain support during this unique time. Your teen can find help using research-supported Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other Third Wave CBT approaches.

- ❖ Discuss the Relationship Between How You Think, Feel & Act
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Learn Ways to Manage Emotions
- ❖ Provide & Receive Support from Peers

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