ADOLESCENT ANXIETY SKILLS GROUP

Crystal Lake and Arlington Heights locations!

When the stress of school, extra-curricular activities, college preparations, relationships, and life transitions become too overwhelming, there are supportive opportunities we can provide to our children and students to assist them in managing stress and anxiety. We utilize a structured Cognitive Behavioral Therapy (CBT) approach that is comprehensive, insight oriented, and instructional to aide adolescents in managing stress and anxiety for greater short-term and long-term success while remaining in the classroom and keeping up with their daily routines, responsibilities, and current treatment appointments.

The Adolescent Anxiety Group will;
- Help to understand anxiety and panic attacks and their impact on everyday life
- Identify and learn to challenge cognitive distortions and unhelpful or unhealthy core beliefs
- Teach healthy ways to handle stress, not avoid it, by learning and utilizing healthy, concrete coping skills to integrate into their daily lives
- Explain the importance of stress and learning to maximize its benefits, how it motivates, and pushing forward to get tasks completed even when feeling overwhelmed or stuck
- Demonstrate skills to improve concentration and increase productivity
- Provide tips to achieve a healthier balance, implement self-care, and prevent relapses in panic attacks and old behaviors

If you would like additional information, to make a referral, or to enroll your child, please contact our team via:

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