

TEEN ANXIETY THERAPY GROUP

8-WEEK PROGRAM

PROGRAM DESCRIPTION

This 8-week program is based on Acceptance and Commitment Therapy (ACT) and Mindfulness, both scientifically based psychotherapeutic approaches. The aim of this group is to change the relationship individuals have with unwanted or feared thoughts, emotions, and physical sensations; instead focusing on the present moment and acting on what they value most. ACT and mindfulness strategies are used to teach clients to decrease avoidance, attachment to cognitions, instead increasing focus on the present and psychological flexibility. Clients will learn to clarify their goals and values and to commit to behavioral change strategies.

BENEFITS OF GROUP THERAPY

- You are not alone
- Improve social skills
- Cost-effective
- Access to a complete support system
- Practice for stressful real-life situations
- Opportunity to learn about yourself and get access to a range of perspectives

WHO IS THIS GROUP FOR?

Teens aged 14-18 years old, struggling with anxiety

HOW MUCH DOES IT COST?

\$600 for the 8-week group.

WHEN IS IT OFFERED?

One group will be starting in February (starting date to be confirmed), and will take place weekly, Tuesday evenings, from 4:30 p.m. to 6 p.m., for 8 consecutive weeks. Another group will be starting on April 6th, and will take place weekly, Wednesday evenings, from 4:30 p.m. to 6 p.m., for 8 consecutive weeks.

ABOUT DR. VALLIERES

This group will be led by *Dr. Lydia Vallieres*, psychologist. She has run many therapy groups, including this Anxiety Group for Teens last year in Quebec. She is a registered psychologist in Quebec, and is currently awaiting her license number in British Columbia. Dr. Vallieres' authenticity, openness, warm and empathetic approach, and use of humor foster a climate of trust that allows clients to explore their challenges and make changes.



FOR MORE INFORMATION OR
TO REGISTER FOR THE GROUP, CONTACT
VANCOUVER ISLAND PSYCHOLOGICAL SERVICES
(778)440-8880