



Presents...

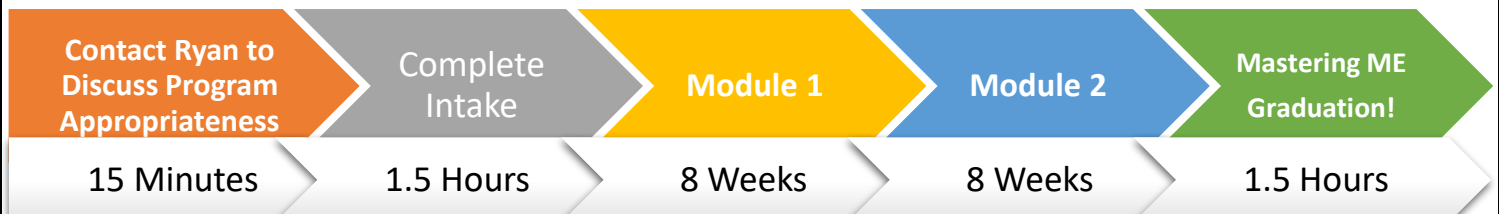
“Mastering ME”, a CBT Support Group for Teens

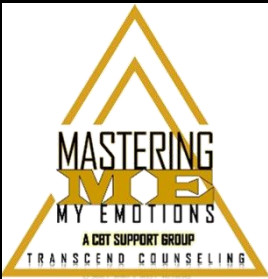
“Mastering ME” (My Emotions), a Cognitive Behavioral Therapy (CBT) Support Group that helps adolescents claim power over their mental/emotional health. Mastering ME uses group, support, psychoeducation, and relaxation training to help teens struggling with anxiety, depression, self-esteem, and relationship issues. Mastering ME is broken up into two, 8-week modules, that helps through:

1. **Group Support** (small/safe/supportive, 6-8 teens/group)
2. **Psychoeducation** (What is anxiety, depression? How does it manifest? CBT mapping)
3. **Emotional Regulation & Relaxation Training** (meditation, breathing exercises, biofeedback)

- **Group Facilitator:** Ryan Helton, MSC, LPC
- **Target Population:** Teens struggling with: Anxiety, Depression, Self-Esteem, Relationships
 - **Middle School Group (6th-8th Grade)**
 - **High School Group (9th-12th Grade)**
 - **Upcoming Groups (Schedule):** www.iwilltranscend.org
- **Location:** 333 N. Dobson Rd, Suite 5, Chandler, AZ, 85224 (Chandler & Dobson)
- **Cost:** \$50/session
- **Time Commitment:**
 - **Module 1: “Identifying Emotions, Challenging Beliefs”: 8-Sessions (1.5 hrs/week)**
 - Psychoeducation, CBT Mapping, Identifying/Replacing Cognitive Distortions
 - Begin Emotional Regulation & Relaxation Training
 - **Module 2: “Coping Skills, Emotional Regulation”: 8-Sessions (1.5 hrs/week)**
 - Advanced Emotional Regulation & Relaxation Training
 - Exposure Therapies/Advanced Goal Setting

NEXT STEPS?





TRANSCEND

COUNSELING SERVICES OPEN TO CHANGE TO TRANSCEND



“Mastering ME” Assessment & Program Appropriateness

How many of the following symptoms do I (or my teen) experience?

Emotional changes

- Feeling on edge
- Irritability
- Difficulty concentrating
- Restlessness
- Unexplained outbursts

Social changes

- Avoiding social interactions with usual friends
- Avoiding extracurricular activities
- Isolating from friends/family
- Spending increased time alone

Physical changes

- Frequent headaches, including migraines
- Gastrointestinal problems
- Unexplained aches and pains
- Excessive fatigue
- Complaints of not feeling well with no obvious medical cause
- Changes in eating habits

Sleep disturbance

- Difficulty falling asleep
- Difficulty staying asleep
- Frequent nightmares
- Not feeling refreshed after sleep

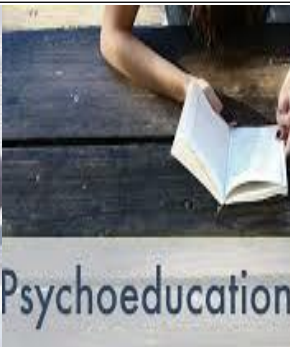
Poor school performance

- Significant decrease in performance
- Frequently missed assignments
- Feeling overwhelmed by workload
- Procrastinating on, or having difficulty concentrating on, assignments more than usual

Symptoms of panic attacks

- Rapid heartbeat
- Sweating and trembling
- Dizziness
- Upset stomach
- Difficulty breathing
- Chest pain
- Feeling like I’m dying
- Feeling like I’m “going crazy”
- Numbness or tingling in arms and legs
- Derealization

If your mental/emotional health is impacting your health, school, friendships, family relationships, or other areas of daily functioning, it’s important to get an evaluation from a licensed mental health practitioner. Good news, **ANXIETY/DEPRESSION IS TREATABLE with CBT!** With help, most individuals can learn to cope with, and manage, independently.



CALL TODAY TO LEARN MORE! RYAN HELTON, MSC, LPC, 480-249-8511, RyanTheCounselor@Gmail.com
 Upcoming Groups Found at: www.iwilltranscend.org or www.humanexperiencecounseling.com