



SCHOOL-BASED GROUP INTERVENTION

Topics Covered:

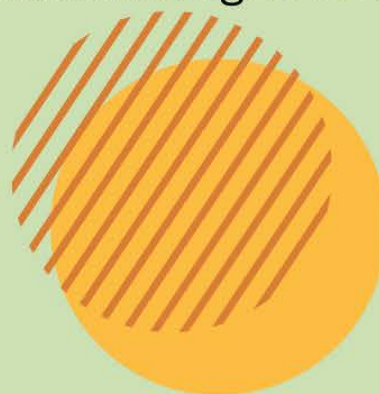
- **Anxiety:** Understanding anxiety, the avoidance cycle and how it happens in the brain, discover the relationship between your thoughts, feelings and behaviours.
- Learn useful techniques to embrace and conquer your fears (Defusion, Grounding, Living by your Values)
- **Acceptance:** learn to be aware of uncomfortable or painful emotions without allowing yourself to get caught up in them. Be guided by your Values.
- Optional extra 2-hour parent session available on request in covering supporting teens with anxiety

Eligibility criteria: Suitable for mild-moderate stress, anxiety only. This is intended to be a psycho-educational group program

For enquires, contact
admin@btpsychology.com.au

ACING ANXIETY

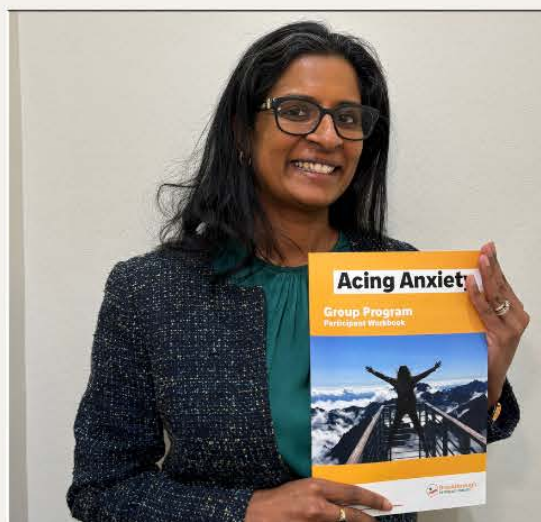
Skills program designed for individuals aged 12 to 18.



SCHOOL-BASED GROUP INTERVENTION

Is anxiety getting in the way of your school, friends and your goals?

- **Acing Anxiety** is a group program based on techniques drawn from **Acceptance and Commitment Therapy (ACT)** which are evidenced-based approaches for stress and anxiety.



NARMI THILLAINATHAN

Founder, Clinical Psychologist & Academic