



Overwhelming Adolescents:

How to help teens manage anxiety and the fear that drives it

If anxiety is caused by the inability to tolerate uncertainty then it's not surprising that many adolescents become anxious.

The two developmental tasks required of adolescents: "Who am I?" and "Where do I belong?" naturally create a sense of uncertainty and insecurity.

- What if we add to this the complications of modern technology, modern parenting and the expectation that we should be happy all the time?
- What if reassuring teenagers that "things will be Ok" only feeds their anxiety?
- What if instead of focusing on the symptoms of anxiety (controlling/demanding behaviour, impulsivity, learned helplessness, angry outbursts, stomach/headaches and phobias) we target the need to tolerate uncertainty and distress?
- How we tolerate not knowing is a learned skill. Too often we try to manage anxiety 'rationally' instead of acknowledging and calming the physical sensations that drive it.

The goals of this workshop are that each participant will leave with: -

- A clear definition of anxiety and its effects on the brain and nervous system
- Skills & awareness of using the Ok Zone as a model for understanding self regulation
- How you can be an effective anchoring tool for a teenager overwhelmed by anxiety

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for professionals who work with anxious adolescents.

To REGISTER interest email: counselling@fgriffith.id.au or phone 0414 985 934