

FACING FEARS TOGETHER: ONLINE Teen Group Treatment for Anxiety
at the UNIVERSITY of WATERLOO CENTRE FOR MENTAL HEALTH RESEARCH and TREATMENT

GROUP FOCUS: Facing Fears Together group treatment program, focus on treatment of anxiety in adolescents ages 15-18 years.

TIME and DURATION: Thursdays 4:30 to 6pm; 6 sessions plus one booster.

TENTATIVE DATES: Thursday April 21 to May 26, and June 16, 2022.

PLACE: University of Waterloo Centre for Mental Health Research and Treatment,

GROUP LEADERS: Senior Doctoral Students and Predoctoral Residents in Clinical Psychology

SUPERVISOR: Elizabeth Stevens, Ph.D., C.Psych.

MAXIMUM NUMBER of CLIENTS: 8

DESCRIPTION: Facing Fears Together is a group cognitive-behavioural treatment (CBT) program designed to help adolescents understand and reduce their anxiety with the support of their peers facing similar challenges. The group will teach teens about the relationship between their thoughts, feelings, and actions. Teens will learn how to use this knowledge and develop skills and coping strategies that allow them to face their anxieties in a supportive group context. The therapy will involve weekly group meetings as well as between-session activities where teens will practice skills and begin to face their fears, build on their strengths, and develop a healthy lifestyle. Areas that will be addressed in the sessions include: understanding anxiety and the CBT model, relaxation strategies, the role of mindfulness and self-compassion, challenging avoidance through goal-setting, understanding and managing helpful and unhelpful thoughts, the role of self-care, and the importance of support teams.

TREATMENT COST: The fee for the group is on an income-based scale ranging from \$30 to \$75 per 90 minute session.

WHOM to REFER: Teenagers, ages 15 to 18, who self-report symptoms of anxiety and who would be amenable to group therapy. Teens must be able to commit to attending in person therapy sessions at the CMHRT at the stated times and dates. Pre-group assessments will begin in March, 2022.

HOW to REFER: Parents of potential clients or youth themselves should please complete the [Intake Information Form \(Child\)](#) and indicate on the form that you are interested in the FFT group.

OTHER IMPORTANT INFORMATION: Parents/Teens who express interest in the group will be contacted by UW CMHRT staff to arrange a more detailed assessment at the CMHRT to determine their eligibility for the group. Non-eligible clients can be referred to the individual waitlist at the UW CMHRT. Upon entrance to the group, client will be asked to enter a research study approved by UW Ethics in which they will complete self-report questionnaires on their symptoms (with all identifying information kept strictly confidential).