



## MADE IT! TEEN GROUP

*Managing & Accepting Distressing Emotions In Teens*

UW HEALTH-PSYCHIATRY

6001 RESEARCH PARK BLVD

MADISON WI 53719

**Group Leader:**

Aisha Rosh, PhD, NCSP

**Group Day/Time:**

Mondays, 3:30-4:45PM



## **Group Description:**

This group focuses on helping adolescents increase awareness and acceptance of negative emotions like sadness, fear, anger, guilt, shame, embarrassment, and disgust. Adolescents will learn to notice how they respond to these emotions, how to break unhelpful patterns of response, and learn more helpful skills for effectively managing strong negative emotions.

## **Group Information:**

- Up to 10 high school students (established freshmen through just graduated seniors)
- Mondays from 3:30-4:45pm
- Duration: 14 weeks

## **MADE IT Group Will Benefit:**

- Adolescents with major depressive disorder, depressive disorder NOS, dysthymia, social anxiety disorder, OCD, panic disorder with agoraphobia, GAD, specific phobia, and other specified anxiety disorder.
- Adolescents can have comorbid (coexisting) conditions

## **The Group Will Not Include:**

- Adolescents with current safety concerns

## Instructor



### **Aisha Rosh, PhD, NCSP**

Dr. Rosh is a licensed clinical child & adolescent psychologist in the Department of Psychiatry. She completed her Ph.D. at Penn State in School Psychology and postdoctoral residency in the Department of Psychiatry at the University of Wisconsin-Madison. Dr. Rosh specializes in acceptance- and mindfulness-based cognitive therapy for children and adolescents with anxiety and depression.

For more information, please contact:

Aisha Rosh, PhD, NCSP  
(608) 232-3171

*PROVIDERS: To refer a patient to this group – please send a Re: Patient message via Epic*