



PILLAR: A TEEN GIRLS GROUP FOR ANXIETY

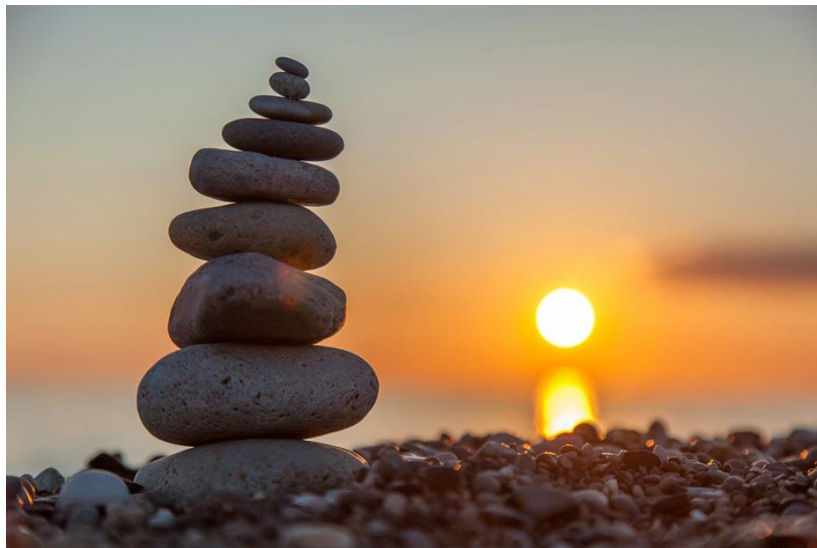
**UW HEALTH-PSYCHIATRY
2275 DEMING WAY, SUITE 180
MIDDLETON, WI 53562**

Group Leader:

Anne Toterò, MS, LMFT

Group Day/Time:

Thursdays, 4:00-6:00pm (Suite 180)



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

Group Description:

PILLAR is a group dedicated to high school-aged females who desire to learn more about their identity, self-compassion, managing relationships, and social skills. This is an experiential and social-based group where it begins to discuss social survival, self-community, and understanding how we fit into the world. It is using art, drama, movement, exposure, CBT concepts, and relationships to learn how to be comfortable in our own skin as a young woman.

Anxiety diagnoses included are not limited to:

- Generalized Anxiety
- Social Anxiety
- Anxiety Disorder, Unspecified Type
- And related

If you are wondering if you or your child is a good fit, just call Anne for more information!

Inclusion Criteria:

- No less than 4 people, no more than 12 people to a group
- High school aged (if summer before high school, this is acceptable; if it is the summer AFTER high school, it is less applicable) ages 14-18
- Seeing an outpatient therapist or psychiatrist for management of crises if they arise
- Client can commit to a 12-week course

Exclusion Criteria:

- Not a good fit for more intensive clientele with high-risk suicidal ideation or homicidal ideation
- Not a good fit for someone with an IQ below 70

Instructor



Anne Toter, MS, LMFT

Anne works with individuals, couples, and families in her therapy practice. Anne's experience and specialties are working with teens and young adults ages 13-30. She utilizes human experience, humor, self-esteem, relationships, development, neuroscience, attachment, art, and play directives in session. Anne is a LGBTQ-friendly provider. Anne has been a member of the Association for Marriage and Family Therapy since 2010.