



TEEN MINDFULNESS GROUP
UW HEALTH-PSYCHIATRY
6001 RESEARCH PARK BLVD
MADISON WI 53719

Group Leader:

Stephanie Steinman, PhD

Group Day/Time:

Wednesdays 3:30-5:00pm

Offered in spring



Group Description:

The Teen Mindfulness group is a stress reduction group for teenagers. It teaches adolescents to use mindfulness, relaxation, and problem solving skills to reduce their stress. Teens will participate in **eight weekly 90-minute group sessions**. The group focuses on psychoeducation and general skill-building that can be applied to different facets of their life that cause them stress (e.g., home, school, relationships). The teens will learn about mindfulness and how stress can impact their thoughts, body, emotions, and behaviors. Group members will learn various mindfulness strategies (e.g., brief meditation, mindful eating, mindful movements/yoga, mindfully completing school work, body scans, affirmations, problem solving) to use in their daily lives. They are encouraged to practice skills at home and school.

Referral Process:

Prospective adolescents are referred by their mental health care providers. All referrals are sent to Stephanie Steinman. Families will be provided with an overview of treatment during a brief phone screen with one of the leaders. Once members are accepted into the teen mindfulness group, parents will receive a call to notify them of the start date of the group.

Inclusion Criteria:

- Ages 13-18 (18 if in high school)
- Struggles with managing stress
- Must have completed an intake at WisPIC
- May have various problem areas (e.g., anxiety, depression, etc.)

Exclusion Criteria:

- Untreated substance use disorder
- Untreated Posttraumatic Stress Disorder

Additional Information:

- Space is limited to 10 participants
- Teens are recommended to wear comfortable clothes (no dresses/skirts, please)
- Yoga mats and cushions will be provided for the teens
- Parents are asked to attend part of the first and last sessions

Instructor



Stephanie Steinman, PhD

Dr. Stephanie Steinman is a clinical psychologist and licensed alcohol and drug therapist. Dr. Steinman specializes in Dialectical Behavior Therapy, mindfulness-based therapies, addiction, and adolescent mental health. She works with all ages. She has been practicing with UW for over 10 years.

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