

# MADE IT

## Managing and Accepting Distressing Emotions in Teens

### Description of Group

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 seniors)
- Dates: January 24 through March 28 on Mondays
- Time: 3:30-5:00
- Location: In-person
- Contact: Aisha Rosh, PhD, NCSP @ (608) 232-3171

### Who would benefit from MADE IT:

- Adolescents with anxiety, depression, panic, OCD
- Adolescents can have comorbid conditions but no current safety concerns