

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, anxiety, anger, shame, guilt, and embarrassment. Adolescents will learn how to notice contexts in which these emotions occur, how they respond to these emotions, how to break unhelpful patterns of response, and learn more adaptive skills for effectively navigating strong emotions. Group will focus on hands-on exercises and practice of skills based in Acceptance & Commitment Therapy (ACT).

WHO WOULD BENEFIT FROM MADE IT?

- Adolescents experiencing anxiety, depression, trauma, OCD, and/or panic
- Must have an individual provider if safety concerns are present

DETAILS

- Up to 15 high school students (established freshmen through seniors)
- Virtual intakes to be scheduled on Tuesdays at 3:00 and 4:00 in September & October, 2025
- Group will be in-person starting in October 2025
- No parent attendance component

FOR REFERRING PROVIDERS: SEND RE: PATIENT MESSAGE TO AISHA ROSH

PARENTS: ASK YOUR TEEN'S UW PROVIDER TO ASSIST WITH A REFERRAL. FOR NEW PATIENTS CALL (608) 233-3575

AT A GLANCE

WEEKLY GROUP THERAPY FOR HIGH SCHOOL STUDENTS

DATES: TUESDAY OCTOBER 14 - DECEMBER 16

TIME: 3:30 - 5:00

LOCATION: WISPIC (IN-PERSON)
6001 RESEARCH PARK BLVD

CONTACT: (608) 232-3171

UWHealth



AISHA ROSH, PHD, NCSP

she / her / hers
Clinical Psychologist



JESS LATHROP, M ED

she / her / hers
Child Psychology Intern