



## Teen Anxiety: A CBT and ACT Activity Resource Book for Helping Anxious Adolescents

By Raychelle Cassada Lohmann

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Today's teens are faced with all sorts of decisions, dilemmas and difficulties, from exam worries to friendship and relationship problems. The result is that anxiety is an increasingly common problem, and professionals need practical ways of helping these anxious teens.

Teen Anxiety is a practical manual to use with teenagers to help them cope with anxious feelings. With 60 easy-to-do activities based on Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT), teenagers can be helped to understand what triggers their anxiety; the importance of taking care of themselves; how to work through anxious feelings, fear, stress, and panic; and how to accept and manage thoughts and emotions. Part 1 of the book provides a guide to CBT, ACT and what anxiety is, and the manual also includes scaling questions for assessment and graphs to track progress.

This ready-to-use manual, packed with information and activities, will be invaluable to professionals working with anxious teenagers.

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### **Editorial Review**

#### Review

Raychelle Lohmann presents powerful evidence-based activities for use with adolescents struggling with anxiety. The activities provide relief for teens and tools to assist them in navigating their complex and stressful lives. Raychelle's voice is compassionate and encouraging. A must read for anyone working with anxious teens! --Michelle Skeen, PsyD, therapist, author of Love Me Don't Leave Me, and host of Relationships 2.0 on KCAA-1050AM

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#### About the Author

Raychelle Cassada Lohmann is a professional counselor who has helped young people deal with anxiety, anger and bullying for many years. She is the author of 'The Anger Workbook for Teens', 'The Bullying Workbook for Teens' and 'Staying Cool...When You're Steaming Mad'. She also writes Psychology Today's Blog "Teen Angst" and is an expert contributor on Sharecare.com. Raychelle was honored as one of the Top Ten online influencers in the field of children's mental health by SharecareNow.

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