



A Therapeutic Group for Anxiety

Taming the Worry Dragons | A Group for Children

Worry Dragons is a group for children that helps them learn ways to relieve their fears and worries. By developing an awareness of anxiety, developing coping skills, and applying this knowledge to their real experiences with worry, children feel capable of dealing with the stress of everyday life. Worry Dragons is a creative, engaging approach to tackling childhood anxiety issues that is based on Cognitive Behavioral Therapy interventions, which is an effective, evidence-based treatment for anxiety. The 8 session group uses the anxious child's gifts of imagination, intelligence and sensitivity to teach them lifelong skills in taming their worry dragons! The imaginative model helps children commit to making positive changes to manage their fears. It's fun, interesting and they experience a sense of success as they move forward. Children learn imaginative tools to trap the worries that are "bossing them around." They also learn tools to tame the worries so that their feelings and thoughts become helpful signals rather than things that make problems bigger. Children begin to understand that their minds constantly come up with new thoughts, but these thoughts are not reality. They learn to be curious about their own thinking process and learn how to evaluate the worrisome thoughts that arise. Each week there are skills to practice and experiments or "detective" work to do in learning to tame their worry dragons. Parents are provided with resources to assist their junior knights in their quest to conquer their fears.

Taming Worry | A Group for Teens

Teenagers often struggle with stress. As children reach adolescence, there are different experiences and challenges to face. Worry Taming For Teens encourages Cognitive Behavioral Therapy techniques in order to change thinking patterns and behaviors thereby mastering anxiety. An entire chapter is devoted to different tools that can be used to trap, confront and challenge worries. Knowing when worries are coming around and what it feels like helps because teens are able to stock up on courage and defeat worry before it gets out of hand. Reframing is also used in reminding teens that every time the worries come around, they get another chance to practice their skills.

Benefits:

- Reduce overall feelings of anxiety
- Develop healthy coping skills
- Parents learn tips to help with worry
- Improve functioning in home & school
- Reduction of physical symptoms of anxiety
- Understand and identify worries and anxieties
- Build Self-Confidence

About the Facilitator | Bonnie Fitts, LPC

As a licensed professional counselor, Bonnie specializes in working with children, teens and adults with anxiety and has extensive experience and success in helping clients alleviate daily worries and fears. Bonnie takes an energetic and creative approach in engaging children and adolescents both in her individual and group work and is passionate about helping children overcome anxiety and improve their self esteem. She enjoys the group setting as a valuable tool to help children and teens relate to others and normalize many of the issues they face. Come join Bonnie for an enjoyable learning experience!



a group run by



New Leaf Behavioral Health

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