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1644 Colonial Parkway, Inverness, IL 60067  
215 North Main Street, Algonquin, IL 60102

**Anxiety Group for  
Teens Ages 14-17**

## About the Group Leader



Dr. Thuy Pham is a Licensed Clinical Psychologist who works at Proactive Behavioral Services, an outpatient group practice with offices in Algonquin and Inverness, IL. Dr. Pham is also a Clinical Supervisor at Alexian Brothers Behavioral Health Hospital Adolescent Partial Program. She has been working with teenagers and their families for 13 years and has experience providing individual and group therapies.

## How Can Group Therapy Help My Teen?



Group therapy will provide your teenager with support from peers struggling with similar issues, and he or she will learn coping skills to manage overwhelming anxiety and stress.

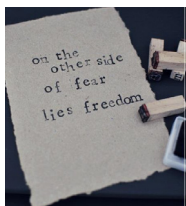
## How Is Group Therapy Structured?



The group curriculum is based on Philip C. Kendall et al.'s (2002) Cognitive Behavioral Treatment of Anxious Adolescents, an empirically supported treatment protocol that helps teens recognize the physical feelings

associated with anxiety, identify automatic thoughts, problem-solve and take action, and reward their effort. The group will be composed of no more than eight teenagers and will run for 4 weeks. Each group will be 1 hour in length. Dr. Pham also uses Exposure and Response Prevention (ERP), an evidenced-based treatment for anxiety.

## What is ERP?



Exposure and Response Prevention "exposes" you to what you fear (your triggers) and prevents you from engaging in any rituals, running away, or worrying to try to avoid your triggering thoughts, objects, and/or situations. Participants in group therapy will be led in exposure activities with the support of Dr. Pham and peers and at an agreed upon pace.

## How Do I Sign Up My Teen for Group Therapy?



Parents and teens who are interested in joining Dr. Pham's group should contact Dr. Pham via email at [thuy@drthuypham.com](mailto:thuy@drthuypham.com) and provide your telephone number or email. Dr. Pham will schedule an initial intake with

the parent and teen to determine suitability for group therapy and answer questions

Parent should then log onto [www.pbsdoctors.com](http://www.pbsdoctors.com) and click "Proactive Forms" to print out the initial forms and bring them to the first group therapy meeting. Each teen and his or her parent will be asked to sign a Group Expectations and Agreement form which outlines confidentiality and expectations for group participation.

## How Much Does Group Therapy Cost?



Dr. Pham accepts insurance; however, please verify with your specific insurance carrier that they cover group therapy. Dr. Pham also accepts credit card payment and cash. She is also an out-of network provider should you chose not to work with your insurance provider. If, for whatever reason, your insurance denies coverage for group therapy, you will be responsible for full payment for each group session your teen has attended.

### Meeting Location:

Proactive Behavioral Services  
1644 Colonial Parkway, Inverness, IL 60067

### Meeting Times:

Wednesdays (6:30-7:30 pm)