TEEN GROUP THERAPY | AGES 13-16

The Anxiety Toolkit for Teenagers

Overthinking. Exam stress. Presentations. Everyday anxiety.

Common situations

- Exams and tests
- Presentations and speaking up
- Worry and overthinking

What we practice

- Handling panic sensations
- Facing avoidance step by step
- Assertiveness under pressure

Seven weeks. One clear progression.

01 Understand anxiety	**02 Handle the surge**	**03 Untangle the what-ifs**	**04 Do the difficult thing**
05 Exams & presentations	**06 Speak up under pressure**	**07 Keep what works**	*Skills build week to week*

WHEN	FORMAT	SESSION
Every Wednesday 13 Jan - 24 Feb 2027 Afternoon time to be confirmed	Fully virtual telehealth Live via secure Zoom	7 x 75 minutes Small mixed-gender group

SCREENING	EARLY BIRD	REGULAR
Complimentary pre-group screening included	**AED 2,300** **Pay by 15 Dec 2026**	**AED 2,700** **From 16 Dec 2026**

Led by Sousan Razzouk, Licensed Psychologist & BCBA | 17+ years of experience

Evidence-based and evidence-informed strategies, integrated in a culturally responsive setting.

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PROGRAM OVERVIEW

The Anxiety Toolkit for Teenagers

A small, structured seven-week therapy group for teenagers aged 13-16 who are tired of overthinking, feeling overwhelmed, or avoiding situations that matter to them. Sessions focus on practical skills for managing anxiety and approaching real-life challenges, with attention to Dubai's diverse cultural and family contexts.

What happens over seven weeks

01	**Understand anxiety**	Map the worry-body-avoidance cycle, identify personal triggers and goals, and understand what different parts of you may be protecting you from.
02	**Handle the surge**	Practice paced breathing, grounding, bilateral stimulation and other ways of responding to intense physical and cognitive anxiety sensations.
03	**Untangle the what-ifs**	Learn cognitive restructuring, defusion, probability checking and ways to tolerate uncertainty without getting pulled into endless reassurance or rumination.
04	**Do the difficult thing**	Build a graded exposure plan and test predictions through small, manageable behavioral experiments.
05	**Exams and presentations**	Rehearse performance situations, reduce avoidance and unhelpful safety behaviors, and build practical routines for preparation and recovery.
06	**Speak up under pressure**	Practice assertiveness, boundaries and values-guided responses to peer pressure, disagreement and social pressure.
07	**Keep what works**	Review progress and develop an individual plan for using the most effective skills after the group ends.

CLINICAL INFORMATION

Approach, suitability and screening

Our approach

The group uses evidence-based and evidence-informed psychological strategies drawing on ACT, CBT, IFS, EMDR, Sensorimotor Psychotherapy and selected DBT skills. Techniques are integrated within the clinician's scope of practice and adapted to developmental, learning, communication and cultural context. The emphasis is practical skill-building, therapeutic alliance, emotional safety and applying skills to real situations.

Who is it designed for?

A good initial fit	Teenagers with mild-to-moderate school-related or everyday anxiety, overthinking, performance anxiety, avoidance, or occasional panic symptoms who can participate safely and meaningfully in a structured group.
Individual therapy may be recommended first	Debilitating anxiety, frequent school refusal, panic requiring intensive support, significant co-occurring concerns, or current safety needs may be better served by individual or more intensive treatment initially. Additional diagnoses alone do not automatically exclude participation.

Complimentary pre-group screening

A brief pre-group screening is included at no additional cost. It includes parent and teenager input, relevant standardized questionnaires, an individual discussion of goals, a routine safety assessment and a review of telehealth suitability. The purpose is to assess group fit, identify helpful accommodations and determine whether another level or format of care is more appropriate. Parental consent and adolescent assent are required.

Practical details

Schedule	Every Wednesday for seven weeks, 13 January to 24 February 2027. Afternoon time to be confirmed.
Delivery	Fully virtual telehealth, with all sessions delivered live via secure Zoom. Participants receive joining details before the first session.
Session length	75 minutes per week. Small mixed-gender group.
Fees	Early bird AED 2,300 when paid by 15 December 2026. Regular fee AED 2,700 from 16 December 2026.

A note about outcomes

The clinician brings 17+ years of experience across mental health and education, working across developmental stages and a broad range of psychological, behavioral and educational presentations. As with any psychological intervention, individual responses vary and no specific outcome or degree of improvement can be guaranteed. Progress may be influenced by individual needs, attendance, participation, practice between sessions, environmental circumstances and whether group therapy is the appropriate level of care.

Facilitator

Sousan Razzouk | Founder & Clinical Director, Within

M.A. Clinical Psychology, Columbia University | Licensed Psychologist (CDA-PL-0002081) | BCBA | EMDRIA Certified Therapist™ | IFS Level 1 Trained | ACT Practitioner | Doctor of Social Sciences Candidate, Wilmington University