

TEEN GROUP THERAPY PROGRAM | AGES 13-16

The Anxiety Toolkit for Teenagers

Overthinking. Exam stress. Presentations. Everyday anxiety.

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

Every Thursday
15 Oct - 26 Nov 2026
Afternoon time TBC

FORMAT

Alternating weekly
Business Bay / secure Zoom

SESSION

7 x 75 minutes
Small mixed-gender group

SCREENING

Complimentary pre-group
screening included

EARLY BIRD

AED 2,300
Pay by 30th Sept

REGULAR

AED 2,700
Registration through 10th Oct

Pay-as-you-go Option Available: AED 450 per session; with an upfront deposit that is fully credited towards session fee.

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

Led by Sousan Razzouk, a clinician with 17+ years of experience

Founder | Owner | Clinical Director

Within / Sousan Razzouk Psychological and Behavioral Therapy L.L.C.

CDA Social Care Facility – Permit #175

B.A. in General Psychology from American University of Beirut

M.A. in Clinical Psychology from Columbia University

Doctor of Social Sciences Candidate at Wilmington University

EMDRIA Certified Therapist™

Licensed Psychologist (CDA-PL-0002081)

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IFS Level 1 Trained

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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.

Approach, suitability and screening

Our approach

The group uses evidence-based and evidence-informed psychological strategies drawing on Acceptance & Commitment Therapy, Cognitive Behavioral Therapy, Internal Family Systems, Eye Movement desensitization & Reprocessing, and Sensorimotor Psychotherapy. Techniques are integrated within the clinician's scope of practice and adapted to each group's developmental, learning, communication and cultural context. The emphasis is on 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

Teenagers with 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 pre-group screening is included at no additional cost. It includes parent and teenager input, relevant standardized questionnaires, a short individual discussion of goals and a routine safety assessment. The purpose is to assess group fit, identify any accommodations that may help participation, and determine whether another level or format of care would be more appropriate. Parental consent and adolescent assent are required.

A note about outcomes

The clinician brings 17+ years of experience across mental health and education, working with individuals 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. Screening is therefore completed before enrollment, and individual therapy or another form of support may be recommended when clinically indicated.