

# **Teen Anxiety: A CBT And ACT Activity Resource Book For Helping Anxious Adolescents By Raychelle Cassada Lohmann**

**By Raychelle Cassada Lohmann**

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<https://www.psychologytoday.com/experts/raychelle-cassada-lohmann-ms-lpc>

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<http://www.therapistaid.com/therapy-worksheets/anxiety/adolescents>

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Teens Respond Well to Online CBT for Anxiety August 6, 2011 A  
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ACT and Mindfulness. Raychelle Cassada Lohmann, author of Teen  
Anxiety: A CBT and ACT Activity Resource Book for Helping  
Anxious Adolescents.

<http://www.michelleskeen.com/media-center/podcast/jan-%E2%80%93-mar-2015/>

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WebMD explains why cognitive behavioral therapy Related to  
Depression. Anxiety & Panic Disorders; Is My Teen Depressed?

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<http://www.amazon.ca/b?ie=UTF8&node=5789174011>

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OCD, and PTSD and to improving the lives of

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The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence (Instant Help Solutions) [Jennifer Shannon LMFT, Doug

<http://www.amazon.com/Shyness-Social-Anxiety-Workbook-Teens/dp/1608821870>

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**Teen Angst | Psychology Today -**

Teen Angst: Helping adolescents deal with anger and other Helping adolescents deal with anger and other emotions effectively. Raychelle Cassada Lohmann, MS, LPC

<https://www.psychologytoday.com/blog/teen-angst>

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