



**LINDEN**  
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**Welcome to Today's Webinar**

**CBT for Teens: Simple Strategies from Cognitive Behavioral Therapy for Teenagers in the Pandemic**

**Wednesday, February 17, 2021**

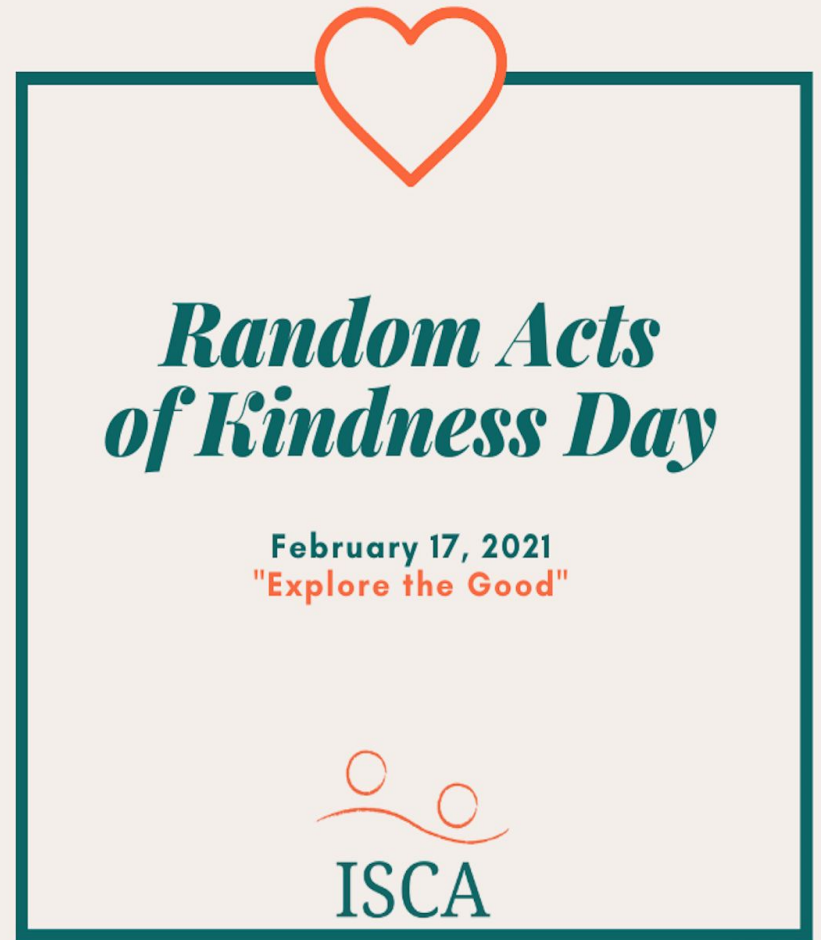


# Welcome

- **Introductions**
- **Who's in the Room Today?**
- **Structure: 40 min Presentation  
20 min Q&A**
- **Zoom Housekeeping**
  - **Mute microphones**
  - **Video -- Your Choice**
  - **Your Questions -- Chat feature**

**Not just today:  
Activities are planned for the  
entire week!**

<https://www.randomactsofkindness.org/>



*Random Acts  
of Kindness Day*

February 17, 2021  
"Explore the Good"

ISCA

# Learn with us at the ISCA Academy

<https://iscainfo.com/Academy>

The International School Counselor Association is pleased to  
announce our newest offering:

## ISCA ACADEMY

ISCA Academy has been developed to meet the needs of school counselors who have expressed interest in continuing to improve their professional skills on specific topics and content areas. Through the array of courses offered at the ISCA Academy, school counselors will be able to delve deep into areas expressed in our Professional and Ethical Standards and Practices.

The ISCA Academy approach is grounded in the principles of adult learning and best practices in delivering effective professional learning experiences. Our courses are solutions-focused and allow for participants to gain and share resources and strategies for approaching common challenges in our profession.

For more information visit:  
[www.iscainfo.com/Academy](https://iscainfo.com/Academy)



# Consultation Circles for School Counselors

Register Today! ~ Deadline: Friday, February 19th

<https://iscainfo.com/Consultation-Circles>

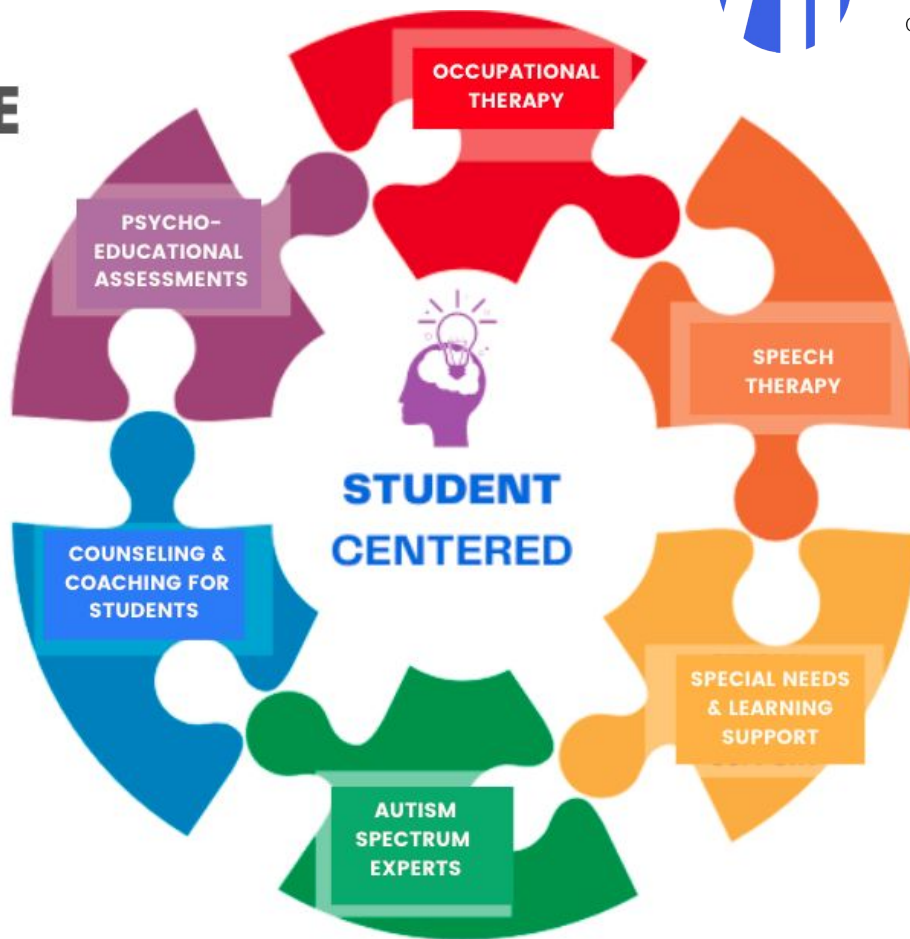


The poster features a teal background with a geometric pattern of orange triangles. It includes several small images of diverse people: a man on a laptop, a woman on a headset, a woman in a hijab speaking, a man smiling, and a man on a headset. The text is centered and reads: 'International School Counselor Association' with a logo of two circles above it; 'COUNSELING CONSULTATION CIRCLES' in large orange and white letters; 'In Partnership with Linden Global Learning Support Services' in orange; and the 'LINDEN GLOBAL LEARNING &amp; SUPPORT' logo at the bottom.



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**A LINDEN GLOBAL LEARNING WEBINAR**

CBT for Teens: Simple Strategies from Cognitive Behavioral Therapy for Teenagers in the Pandemic

Presenter: Makia Matheis  
February 17, 2021





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# Hello...

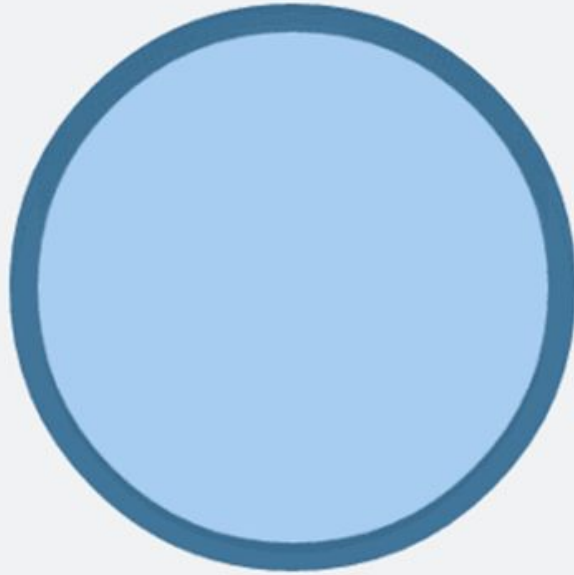
**My name is Makia Matheis, LICSW**

Licensed Independent Clinical Social Worker  
Linden Global Learning Support Services  
Hamburg, Germany

# By the end of this workshop you will learn:

- ❑ What CBT is **and why it is effective for teens.**
- ❑ **How to use a CBT 5 Part Model.**
- ❑ **Suggestions for using it in a school setting.**
- ❑ Tools and strategies **that can be used online and in person.**

Practice this Exercise



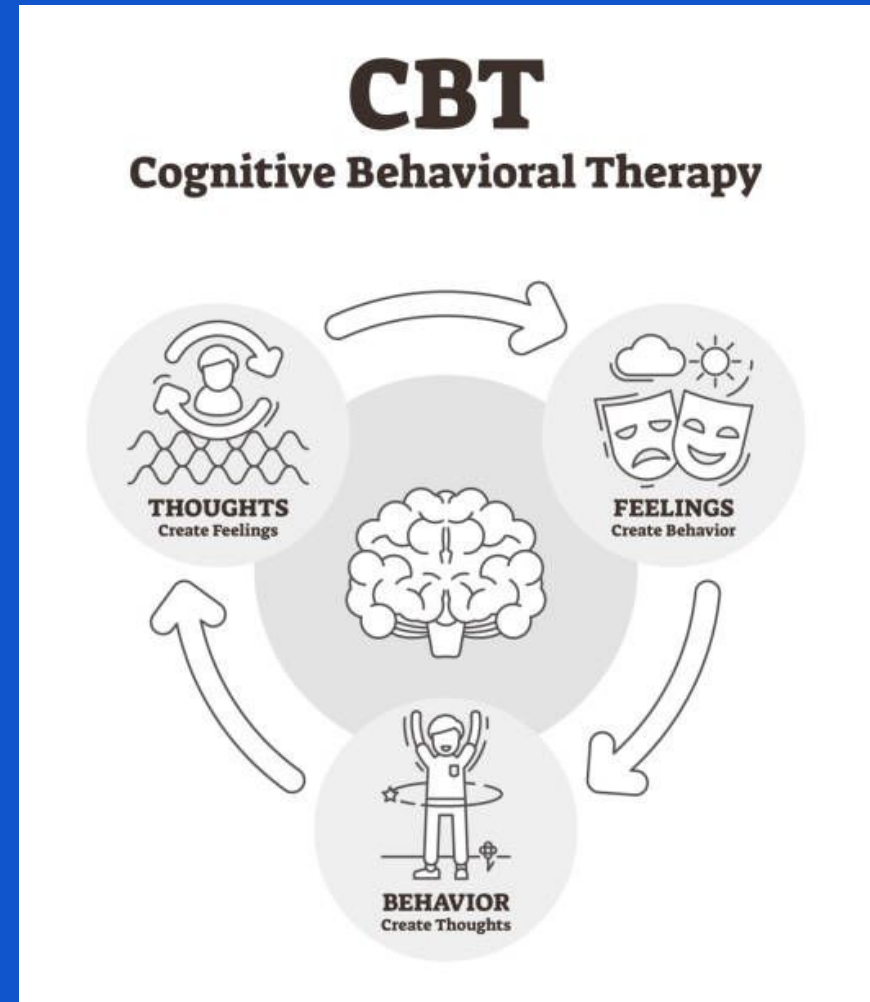
# What is CBT?

Helps people of all ages!

Focuses on how **thoughts and emotions** affect behavior.

It has been **adapted** over the years, now the physiological experience is included in it.

The situation is **not** the focus, it's the **reaction!**



# Why CBT for Teens?

Focused on the **present**.

**Limited** in duration

**Problem-solving** oriented.

The process gets students **actively involved** in their own journey of feeling better.

**Complements** other techniques.

Helps **improve** specific symptoms.

**AND** it has **practical everyday applications!**

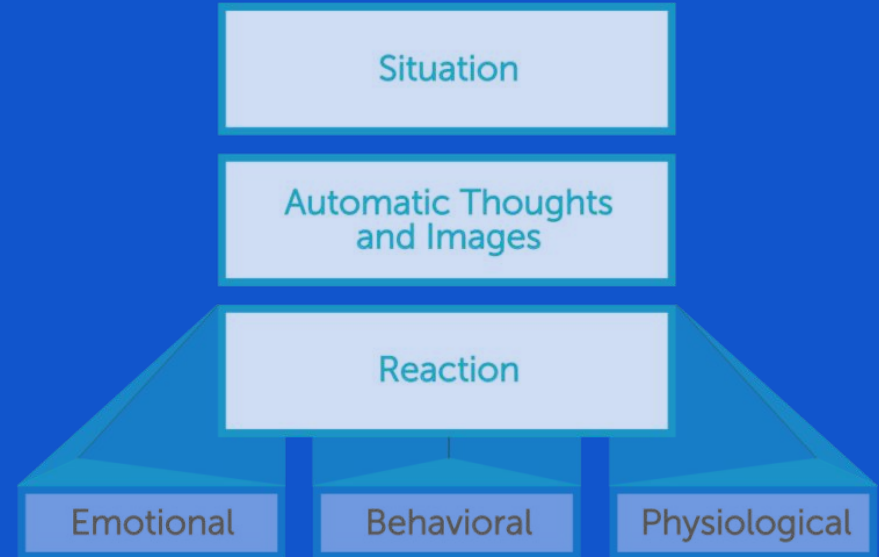


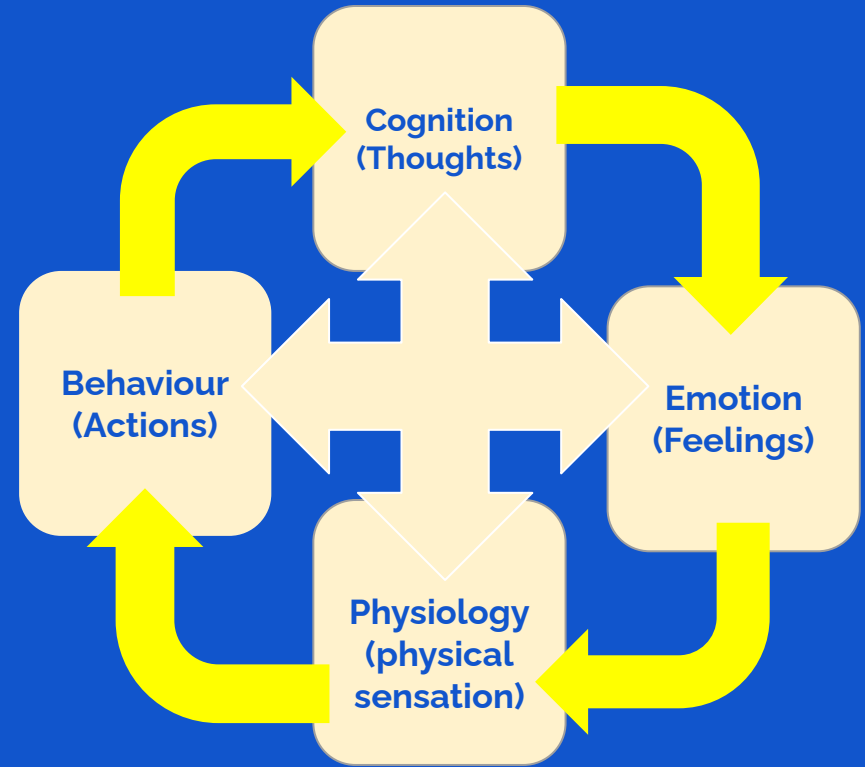
Image Source: <https://beckinstitute.org/get-informed/what-is-cognitive-therapy/>



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# 5 Part Cognitive Behavioral Therapy Model

Environment background



## Environment/Background:

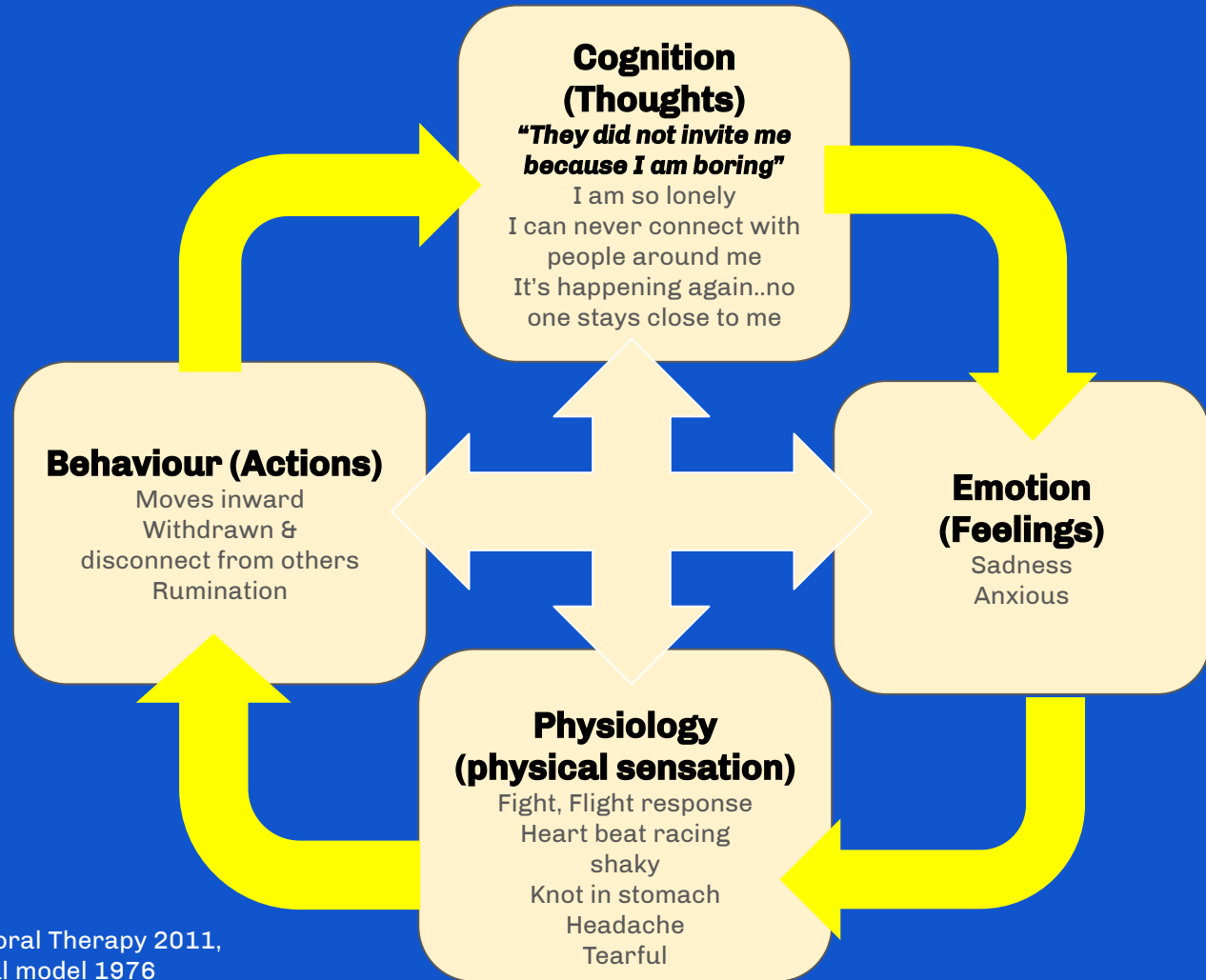
Only child  
Student in Berlin from USA  
Quiet/Introverted  
Recently lost close Grandparent  
Supportive parents\*  
Enjoys fitness and sport\*  
(member of local netball team)

**Suzy is struggling with feeling alone as she self-isolates due to the 'Lockdown'**

## Situation/Trigger:

Suzy is scrolling on instagram and sees her friends had a whats app/house party call without her.

\*Protective factors



# TRY THIS...

## The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.

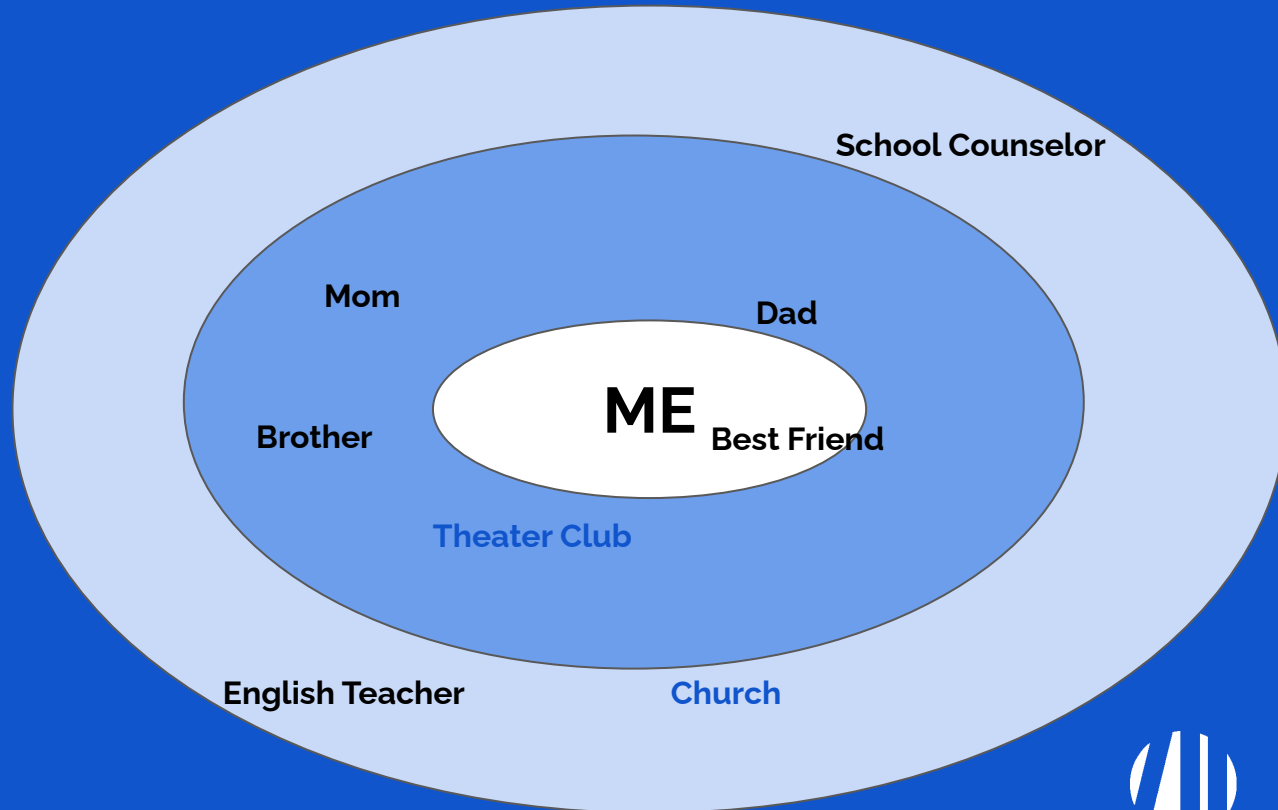


Acknowledge **2** things that you can smell around you.

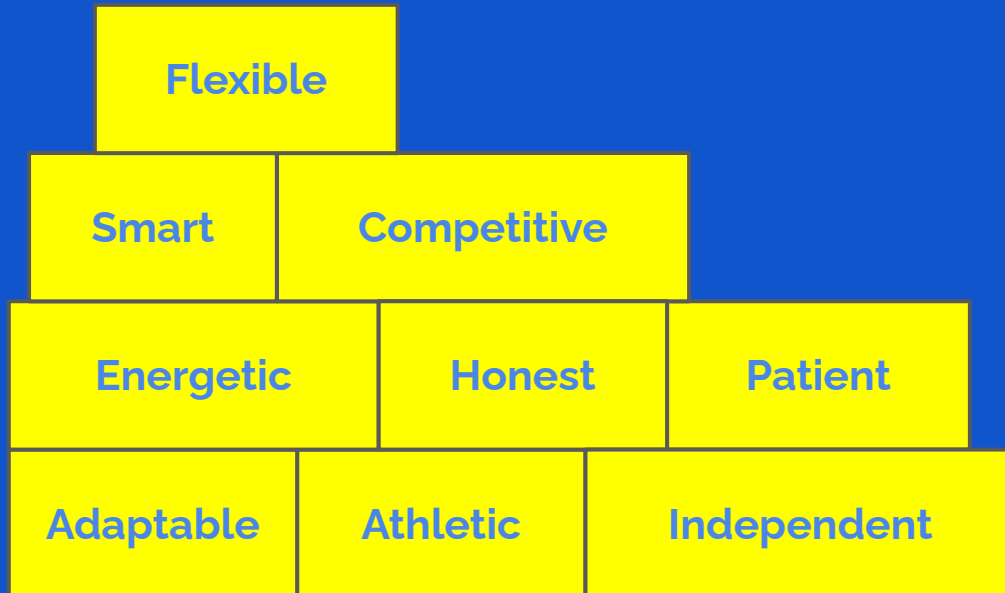




# Circle of Support

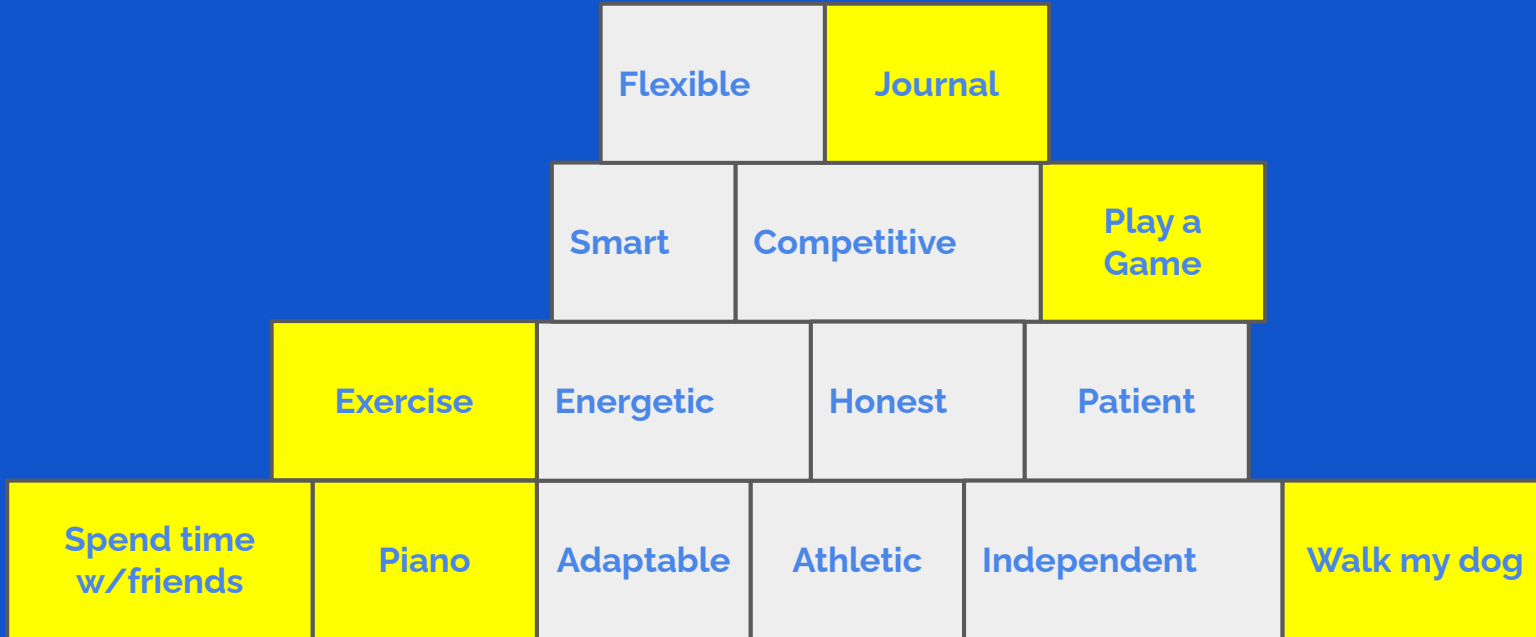


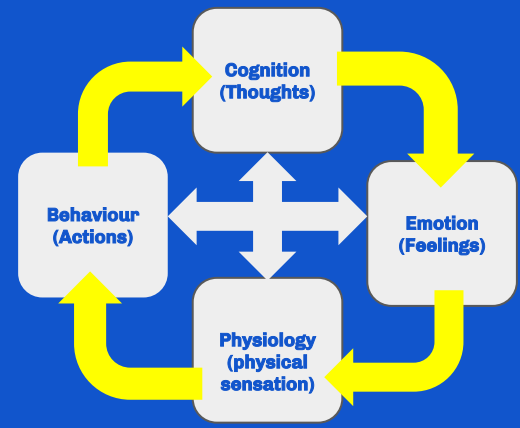
# Tower of Strengths



# Coping Skills

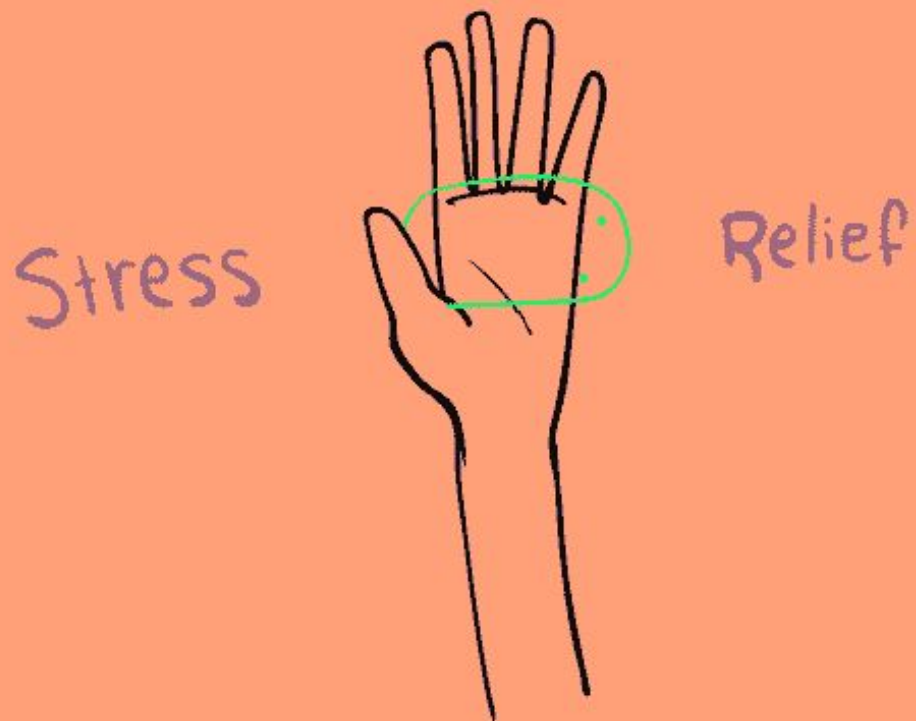
## What's in your "tool" box?





Situation	Thought	Emotion	Physical Sensation	Action

**TRY THIS...**

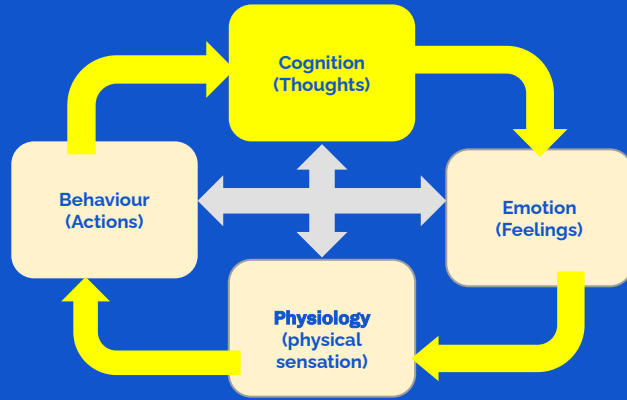




# Strategies & Practical Tips

**Moving from a negative cycle into a positive cycle!**

# COGNITION (Thoughts)



What are some ways you help students with **distorted cognitions**?

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# Practical Strategies & Tips for Cognitions



- ❑ Socratic Questioning
- ❑ Positive Data Log
- ❑ Have them provide evidence that supports/does not support their assumptions
- ❑ Thought records
- ❑ Notice thinking errors
- ❑ Check the thoughts (thoughts do not equal facts)
- ❑ Speak to yourself as a good friend
- ❑ Mindfulness Strategies





### Environment/Background:

Only child  
Student in Berlin from USA  
Quiet/Introverted  
Recently lost close Grandparent  
Supportive parents\*  
Enjoys fitness and sport\*  
(member of local netball team)

**Suzy is struggling with feeling alone as she self-isolates due to the 'Lockdown'**

### Situation/Trigger:

**Suzy is scrolling on instagram and sees her friends had a whats app/house party call without her...**

\*Protective factors

### Cognition (Thoughts)

*They did not invite me because*

I am boring

I am so lonely

I can never connect with people around me

It's happening again..no one stays close to me

### Behaviour (Actions)

Moves inward  
Withdrawn &  
disconnect from others  
Rumination

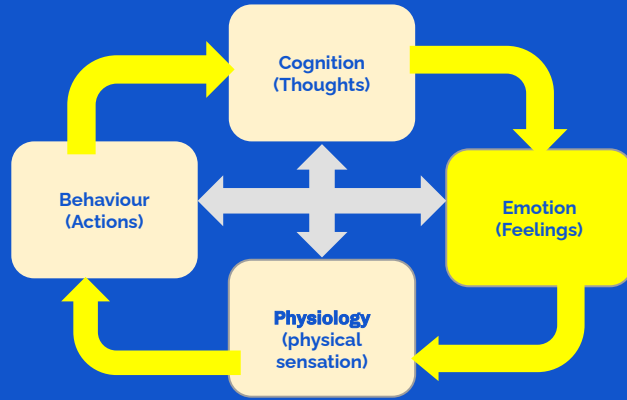
### Emotion (Feelings)

Sadness  
Anxious

### Physiology (physical sensation)

Fight, Flight response  
Heart beat racing  
shaky  
Knot in stomach  
Headache  
Tearful

# EMOTIONS (feelings)



How do you talk to kids about **emotions**?

What are some tools in your tool box?

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# Practical Strategies & Tips for handling Emotions

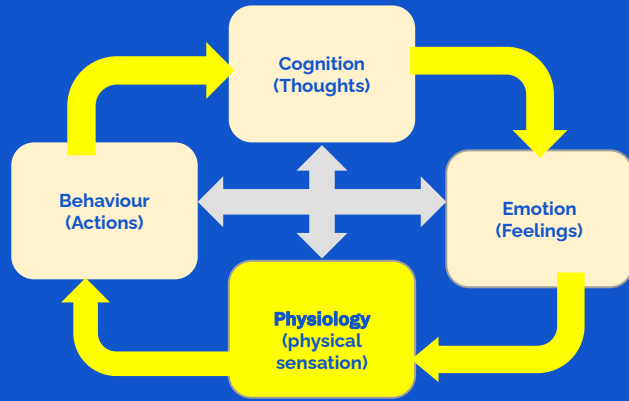


- ❑ Riding the Wave Activity
- ❑ Encourage expressing emotions with themselves or someone they trust.
- ❑ Model emotional language, “I feel...”
- ❑ Help teens express themselves through: art, journaling, photography, etc.
- ❑ Rate emotions 1-10
- ❑ Validate their emotions
- ❑ Naming it to Tame It
- ❑ Mindfulness Techniques



# PHYSIOLOGICAL (physical sensations)

**What is a common physical complaint from students when they are struggling emotionally?**



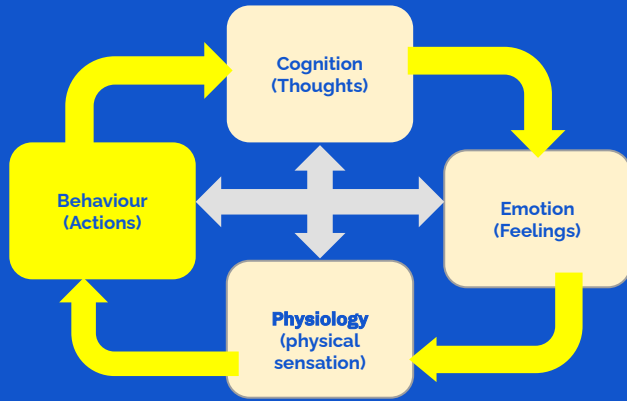
# Practical Strategies & Tips for Physical Symptoms



- ❑ **Psycho-education around what are senses.**
- ❑ **Engage 5 senses.**
- ❑ **Notice what is happening in the body.**
- ❑ **Encourage exercise or playing sports.**
- ❑ **Normalizing that engaging in catharsis or crying is normal.**
- ❑ **Encourage healthy eating.**
- ❑ **Emphasize how important sleep is.**
- ❑ **Mindfulness Strategies.**



# Behavior (Actions)



What are some common **negative behaviors** that you have noticed in your students since the pandemic?

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# Practical Strategies & Tips for Negative Behaviors



- ❑ Help them notice avoidant behavior.
- ❑ Help them plan ahead.
- ❑ Teach them how to break activities into smaller activities
- ❑ Repeat exposure - behavioral experiments.
- ❑ Consider what the behavior is communicating. Walk through this with them.
- ❑ Healthy diversion strategies are okay, as long as it doesn't become an avoidant behavior.
- ❑ Mindfulness Strategies



# TRY THIS...

An illustration of a person in a red kayak on blue water. The person is wearing a yellow long-sleeved shirt and blue pants, and is using two red paddles. The background is a light blue gradient with a large, faint hand shape behind the kayak, suggesting a gentle touch or support. The overall theme is relaxation and mindfulness.

Choose a given moment to consciously focus on what's going on around you.

Slow your breath as you tune into to your surroundings, the sights, sounds, smells and touch.

Be acutely aware of everything you're sensing, inside and out.  
Immerse yourself in the details.

Gently return to a normal state of mind, now feeling calmer and more centered.

**DE STRESS**  
**MONDAY** *Happy New Week!*

**#DESTRESSMONDAY**





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# Mindfulness

Let's talk how to get by in!

# The Pause Button: Simple & Slow Down

- ❑ Remind them it is okay to take a pause.
- ❑ It's okay to feel sad. It's okay to feel happy. Your feelings matter.
- ❑ Individual pace for schoolwork and learning. But that is important to have structure.
- ❑ Listen.

**Remember to check in with yourself  
and take the time you need!**

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# Tips for Creating Tele-Counseling Resources

1. Think about what you usually do in sessions for different students and explore how that can be done via telehealth.
  - a. **Screen share** your worksheets.
  - b. **Transfer** worksheets and activities into google slides or powerpoint.
  - c. **Scan** books or use digital versions.
2. Create New Resources
3. Find videos to help teach certain components.
4. Use the whiteboard and let students create visuals.



# Resources

## Books/Authors:

**Creative CBT Interventions for Children with Anxiety** by Liana Lowenstein

<http://www.lianalowenstein.com/lianaBooks.html>

**Gina Biegel, LMFT**

## Websites:

**Telehealth Resources TF-CBT:** [www.telehealthfortrauma.com](http://www.telehealthfortrauma.com)

**Mindful Schools:** <https://www.mindfulschools.org/>

**Emotional Health Toolkit:**

<https://amaze.org/educators/toolkits/emotional-health/>

**MBSR-T:** <https://www.stressedteens.com/>

**CBT Worksheets:**

<https://www.therapistaid.com/tools/cbt/none>

**Linden Global Learning Blog**

[www.linden-education.com/blog](http://www.linden-education.com/blog)

## Apps:

CBT Thought Diary app

Calm app

Headspace app

## Other:

[CBT Resources for Parents](#)

**Be Mindful Card Deck for Teens**

**CBT 123 Card Deck (Ages 7-16)**

[Guest House Poem](#)

**Jamboard**

**Google Whiteboard**

**Padlet**



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TRY THIS...



**DE STRESS**  
**MONDAY** *Happy New Week!*



# WE LOVE FEEDBACK



Link: [rb.gy/3hu5gl](https://rb.gy/3hu5gl)



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# Questions?

Thank you for your time!

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***Thank You  
for Your  
Participation  
Today!***



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# Breathe

