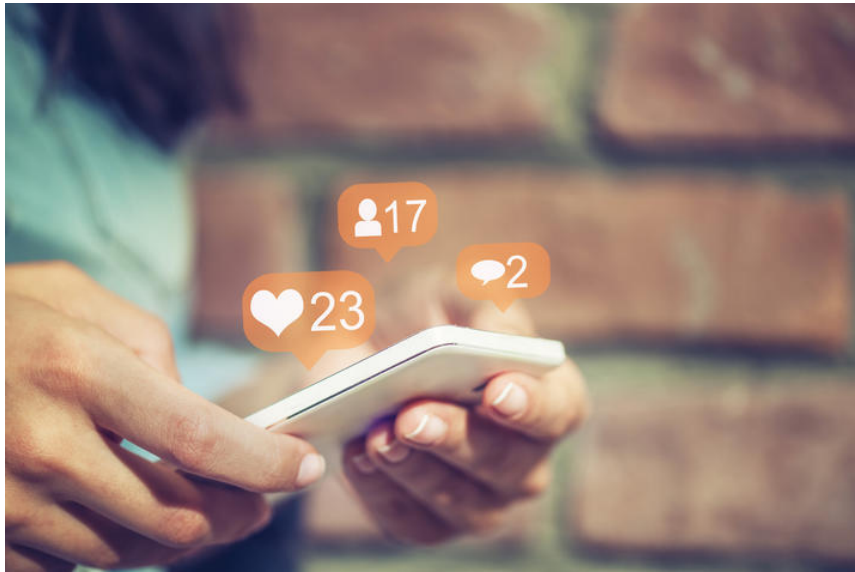


## Teens and internal conflict?



Do you ever get the feeling that we never really talk about what is actually in our head? Could it be that we are often living two different realities - the one inside of us, and then the one outside (that we then present to the world)? What happens if those two realities are not one in the same - will we eventually get forced to choose which reality is the “real” one?

If our nervous system is more inclined to be concerned with “safety” (safe defined as needs being met, predictability, and security) then it will exhaust much of its energy on determining what “safety” entails. Once that is established, the nervous system can then move on to socialization and engaging. Unfortunately, many teens have experienced some event that crossed the boundary of “safe”. Examples could be getting broken up with on social media, dropping everything in the hall during passing periods, parents fighting constantly, or experimenting with substances to name but a few. Think about your day to day interactions, and if it feels like you are playing a game of “Crossy Roads”. If it feels like you are reacting without knowing the end result, then your nervous system may be operating more often in “fight or flight” rather than engaging in thoughtful process.

Is it harmful to be in a constant state of “fight or flight”? Well, how do you feel after playing a game of Crossy Roads? What if you played it non-stop for 10-12 hours a day? My guess is that you would feel fidgety, exhausted, anxious, tense,

distracted, and might have quite a headache. Sound familiar? We can't fix or help what we don't understand. With that in mind, we invite you to join us in an exploration of what you are exposed to, what you experience, and ultimately how you perceive it.

This experience will function as a support and educational group. It will remain a closed (no members join after sessions begin) group from beginning to end, and each member will be obligated to follow confidentiality rules. Parents and teens will be provided the group topic and outline the week prior to each session, so if anyone has questions or concerns about the upcoming topic, those conversations can be done privately prior to the session. We strongly recommend the teen to attend all sessions to allow the group to best create a supportive therapeutic environment.

All sessions will be billed through BCBS PPO or a \$55 per session charge for self-pay clients.

**Group Dates:  
Dates To Be Determined**

**Group will be conducted at 2244 95th Street Suite 219  
at 7:00 - 7:55pm**