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Helping Anxious Adolescents
By Raychelle Cassada Lohmann**

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

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PhD, for use in teaching about cognitive-behavioral interventions for anxiety disorders.
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<https://www.psychologytoday.com/blog/teen-angst>

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<http://www.library.cityofclovis.org/index.php/resources/additions/newbooks/may-2015/>

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<http://www.fishpond.com.au/c/Books/q/Anger+Workbook+For+Teens>

Teens Respond Well to Online CBT for Anxiety August 6, 2011 A GoodTherapy.org News Summary

<http://www.goodtherapy.org/blog/teens-respond-well-to-online-cbt-for-anxiety>

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>

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

<http://www.webmd.com/depression/guide/cognitive-behavioral-therapy-for-depression>

Working with Children and Families. Young People Manage Anxiety A CBT and ACT Activity Resource Book for Helping Anxious Adolescents Raychelle Cassada

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This week my guest is Raychelle Cassada Lohmann author of Teen Anxiety: A CBT and ACT Activity Resource Book for Helping Anxious CBT, ACT and what anxiety

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