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COPING STRATEGIES TO REGULATE ANXIETY: AN INTRODUCTION TO DISTRESS TOLERANCE

September 15, 2016 / 12 pm / CCSD #93 / 230 Covington Drive / Bloomingdale

Some back to school jitters are common but for many students the anxiety lingers. Experts say rates for school anxiety are on the rise and often treatment may be necessary. This presentation will discuss the common triggers of school stressors and the impact these have on students. Join us and discover how anxiety leads to emotional dysregulation, how accommodations in school can lead to continued avoidance of activities and school and how to introduce distress tolerance to help students manage anxiety. Participants will learn how students change unhelpful behavior, move towards acceptance of difficult emotions and learn that aspects of life are out of our control. Learn how Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT) and Exposure Therapy are used to move students towards a fuller and more meaningful life. Instead of avoiding the discomfort, the goal is for youth to increase their ability to manage stress and overwhelming emotions.

Laura Koehler, Psy.D. earned a doctoral degree in clinical psychology from the American School of Professional Psychology. Koehler is on staff at Linden Oaks Behavioral Health where she enjoys working with adolescents and their families. Her approach to treatment integrates Dialectical Behavioral Therapy (DBT) and Acceptance and Commitment Therapy (ACT) with exposure therapy to provide patients with the skills and techniques to increase their ability to regulate emotions and tolerate distress.

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