



# Debbie Rowberry

## On-Line Emotion Regulation Therapy

Is your Teen suffering from Lockdown Anxiety?

Debbie Rowberry is a Child Therapist specialising in Emotion Regulation Therapy for children with high and complex needs. Debbie also develops and facilitates Early Intervention Programmes for schools.

This current Lockdown has been very difficult for Teenagers. There is a sense of anxiety, lack of safety and uncertainty within the community. Families are struggling financially and the added pressure of the extended Lockdown is causing heightened emotions. Teenagers not only have their own anxiety and overwhelm, they are also affected by the environmental factors listed above. Fear of falling behind in school is also a large burden that Teenagers are being faced with.

Due to the disruption of this extended Lockdown, forced distancing from friends and extended family, and the resulting anxiety that Teenagers are experiencing, Debbie will be offering the following Online programme.

The programme has been developed to address Teenage anxiety and overwhelm.

The objective of the Addressing Lockdown Anxiety in Teenagers Programme is to lessen the intensity of anxiety that Teenagers are currently experiencing due to Lockdown stress and separation. The programme teaches practical tools to increase Emotion Resilience.

The programme addresses the following:

- Assist Students to engage in Online learning and exams.
- Increase feeling of Self Worth and Self Esteem
- Generate a Learning Ready State of being
- Reduce students anxiety and overwhelm
- Provide therapeutic support to address participants specific needs.

The benefits of On-Line Emotion Regulation Therapy.

Debbie has observed specific benefits to providing On-Line Emotion Regulation Therapy as opposed to face to face.

- Children are very comfortable using tik tok, facetime and other social media platforms. It is a natural means of communication for children.
- Clients are more relaxed in the home environment, once an appropriate 'alone' space has been set up for the sessions.

The Emotion Regulation Therapy Programme uses a process that includes Body focused Therapeutic Guided Imagery to reduce the intensity of trauma, anxiety, depression and anger within the body. Children are completely comfortable participating in this process using the on-line format as the on-line medium is less intrusive for children with trust concerns..

The following testimonial explains the comparison between face to face and on-line sessions.

"Recently with the Covid-19 pandemic and not being able to physically visit Debbie we moved from face to face sessions to online, this transition was done with ease. Her ability to

recognise hidden feelings via video surprised me. My son has really been engaged with the different sessions styles and is enjoying them. They have been just as effective as our face to face visits and is an option we will likely continue to use even when face to face contact resumes."

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