

MASTERING EMOTIONS SUMMER INTENSIVE:

Now accepting applications for BCSC's mastering emotions summer intensive camp that combines:

- 1) Dialectical Behavior Therapy & Cognitive Behavior Therapy skills training
- 2) Individualized exposure coaching for anxiety and depression
- 3) Daily values-based exposure activities each afternoon allowing participants to practice and master their skills while enjoying fun summer camp activities every student should have access to!



- 4) ***NEW optional Academic Learning & Organizational Skills Development Track***
During week 3 (August 13th – 16th) participants have the option to participate in morning groups designed to build and strengthen skills before heading into the new academic year. Skills training will enhance academic, learning, organization, planning, initiation, and time management skills. Participants will rejoin the rest of the mastering emotions program for lunch and afternoon activities.

The program is based on the Values-Based Exposure (VBE) protocol, a trans-diagnostic intervention developed by Dr. Madigan and his team to address anxiety, depression, mood and emotional disorders. An integration of the most effective evidence-based treatments for anxiety, depression and emotion dysregulation, the program focuses on decreasing anxiety, depression and shame to improve mood, self-esteem, and social connections.

RESULTS:

While we know this program works and have seen these interventions help countless youth, we want to demonstrate progress on an individual level using personal markers and empirical data. Participants will complete baseline measures of anxiety and depression to compare with post program measures. Participants are also asked to compare ratings of anxiety/depression with how connected/disconnected they feel to meaningful activities, relationships, and connections. Awards are provided at the end of the program for successful completion of the program and for especially difficult exposure activities.

REQUIREMENTS:

Initial Consultation
Current Outpatient Therapist
Willingness and ability to attend minimum of two weeks

INFO:

For additional information please contact us at
CAMP@BostonChildStudyCenter.com

2018 Schedule:

July 30th – August 18th
Monday – Friday
9am-3pm
(Some days end ~ 4pm)

A Typical Day:

9-10am

Identifying Thoughts &
Emotions Group

10-11am

Understanding Thoughts
& Emotions Group

11-12pm

Managing emotions &
exposure planning

1-3/4pm

Behavioral Activation
&
Exposure Activities
Throughout Boston

Fee:

\$5,800
+ \$500 Activity/Food
Account