

Jennifer Shannon, LMFT



Media Kit

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Biography

I am a licensed psychotherapist specializing in Cognitive Behavioral Therapy for anxiety. I have worked with children, teens and adults since 1985. Originally trained as a psychodynamic or “talk” therapist, I noted that while my clients felt better, I sought more lasting and permanent change for them. Then I attended a UC Berkeley course taught by my first mentor, Michael Tompkins Ph.D. on evidence-based treatment.

This means treatment that has been found by scientific studies to be the most effective for specific mental health problems. Consistently Cognitive-Behavioral Therapy, or CBT was found to be the most effective treatment for the most common disorders such as anxiety and depression. I began to avidly study CBT going to workshops, reading books and consulting with masters in the field, including Michael Tompkins, PhD, Christine Padesky, Ph.D. and Jacqueline Persons, Ph.D. Practicing CBT has been the most rewarding work I have ever done professionally.

I wrote my first book, [The Shyness and Social Anxiety Workbook for Teens](#) 15 years ago when my then teenage daughter, Rose, developed severe social anxiety in middle school. I wanted teens and their families to know that social anxiety is treatable using cognitive-behavioral interventions. I am also the author of [Don't Feed The Monkey Mind](#), [The Anxiety Survival Guide For Teens](#) and [A Teens Guide to Getting Stuff Done](#), all published by New Harbinger Press. I speak regularly at local and national conferences and have been featured on numerous radio shows, podcasts and news media. My passion is to educate people about how effective CBT is for the most common problems we face. I am a Certified Diplomat of [The Academy of Cognitive Therapy](#), a graduate of the [Behavioral Therapy Training Institute](#) for OCD and a member of the [Anxiety and Depression Association of America](#), and the [California Association of Marriage and Family Therapists](#).

Currently I work with adults specializing in Anxiety Disorders, including Social Anxiety or extreme shyness, Obsessive-Compulsive Disorder (OCD), Panic Disorder, Phobias, Generalized Anxiety Disorder and some types of Post-traumatic Stress Disorder. I also treat insomnia and depression.

Photographs



Image 1



Image 2

Book Tear Sheets

Books Published by – New Harbinger Publications
5674 Shattuck Avenue
Oakland, CA 94609 United States
Tel: [800.748.6273](tel:800.748.6273)
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Email: customerservice@newharbinger.com
M-F 9am - 5pm Pacific

Don't Feed The Monkey Mind

DON'T FEED THE MONKEY MIND

How to Stop the Cycle of Anxiety, Fear, and Worry

Jennifer Shannon, LMFT



JENNIFER SHANNON, LMFT, is author of *The Shyness and Social Anxiety Workbook for Teens*, *The Anxiety Survival Guide for Teens*,

and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She

is a diplomate of the Academy of Cognitive Therapy.

Doug Shannon is a freelance cartoonist who resides in Santa

Rosa, CA.

Foreword writer **Michael A.**

Tompkins, PhD, is founding partner of the San Francisco Bay Area Center for Cognitive Therapy, diplomate of the Academy of Cognitive Therapy, and assistant clinical professor at the University of California, Berkeley.

He is author and coauthor of five books, including *OCD* and *Digging Out*.

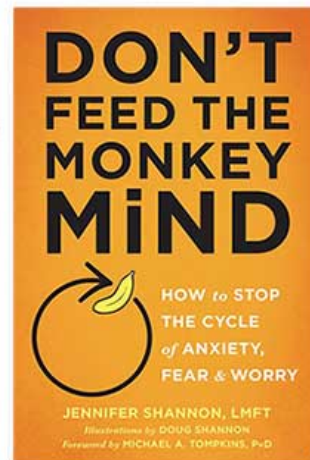
About the Author

The very things we do to control anxiety can make anxiety worse. This unique guide offers a cognitive behavioral therapy (CBT)-based approach to help you recognize the constant chatter of your anxious "monkey mind," stop feeding anxious thoughts, and find the personal peace you crave.

Ancient sages compared the human mind to a monkey: constantly chattering, hopping from branch to branch—endlessly moving from fear to safety. If you are one of the millions of people whose life is affected by anxiety, you are familiar with this process. Unfortunately, you can't switch off the "monkey mind," but you can stop feeding the monkey—or stop rewarding it by avoiding the things you fear.

Written by psychotherapist Jennifer Shannon, this book shows you how to stop anxious thoughts from taking over using proven-effective cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness techniques, as well as fun illustrations. By following the exercises in this book, you'll learn to identify your own anxious thoughts, question those thoughts, and uncover the core fears at play.

Once you stop feeding the monkey, there are no limits to how expansive your life can feel. This book will show you how anxiety can only continue as long as you try to avoid it. And, paradoxically, only by seeking out and confronting the things that make you anxious can you reverse the cycle that keeps your fears alive.



Praise

"Don't Feed the Monkey Mind is clear and easy to understand. The book will teach you simple and powerful strategies to harness fear and worry. Jennifer Shannon teaches you how to transform your life by taking the 'monkey' out of your mind."

—Dennis Greenberger, PhD, coauthor of *Mind Over Mood*

- ☐ Anxiety disorders have reached epidemic proportions in the United States. According to recent studies, 42 million people in the US live with anxiety (National Alliance on Mental Illness).
- ☐ This book utilizes the concept of defusion, the most powerful evidence-based tool used in cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness. Defusion allows readers to gain distance from troubling thoughts and fears.

FOR MORE INFORMATION, CONTACT
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DON'T FEED THE MONKEY MIND

How to Stop the Cycle of Anxiety, Fear, and Worry

Jennifer Shannon, LMFT

April 2017 / 978-1-62625-506-7 / 6 x 9 / \$16.95 / 200 pages

the anxiety survival guide for teens

Anxiety Survival Guide for Teens

CBT Skills to Overcome Fear, Worry & Panic

JENNIFER SHANNON, LMFT



About the Author

JENNIFER SHANNON, LMFT, is the author of *The Shyness and Social Anxiety Workbook for Teens* and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She is a diplomate of the Academy of Cognitive Therapy. She works with children, teens and adults specializing in Anxiety Disorders, including Social Anxiety or extreme shyness, Obsessive-Compulsive Disorder (OCD), Separation Anxiety, Panic Disorder, Phobias, Generalized Anxiety Disorder and some types of Posttraumatic Stress Disorder. She is also a member of the Anxiety Disorders Association of America, the Association For Behavioral and Cognitive Therapy, the California Association of Marriage and Family Therapists and the International OCD Foundation.

Anxiety and its associated disorders represent the most common form of officially classified mental illness in the United States today, more common even than depression and other mood disorders.

Do you have problems with anxiety?

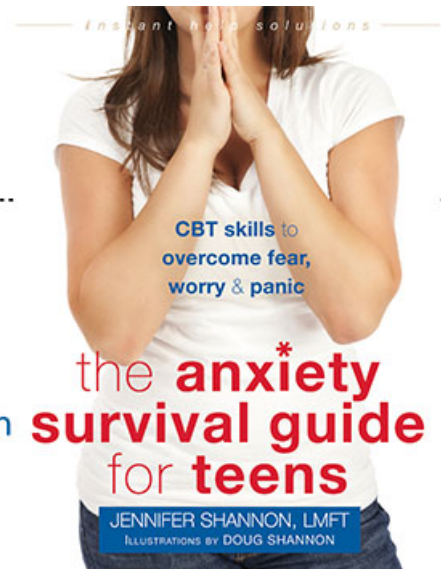
You are not alone. More than 42 million people in the United States live with anxiety disorders. And 8 percent of adolescents and teens ages 13-18 have an anxiety disorder, with symptoms commonly emerging around age six.

The Anxiety Survival Guide for Teens is a much-needed, go-to guide to help you finally break free from the worry and ruminations that can get in the way of reaching your goals.

If you have anxiety, your fears and worries can keep you from feeling confident and independent. Teen milestones such as making friends, dating, getting good grades, or taking on more mature responsibilities, may seem much more difficult. And if you're like countless other anxious teens, you may even avoid situations that cause you anxiety altogether—leaving you stuck in a cycle of worry and avoidance. So, how can you take control of your anxiety before it takes control of you?

Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), this book helps you identify your "monkey mind"—the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety.

If you're ready to feel more independent, more confident, and be your best, this unique book will show you how.



FOR AN INTERVIEW REQUEST *or*
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ANXIETY SURVIVAL GUIDE FOR TEENS

CBT Skills to Overcome Fear, Worry & Panic

Jennifer Shannon, LMFT

September 2015 / 978-1-62625-243-1 / \$16.95 / 6 x 8 / 256 pages

the shyness & social anxiety workbook for teens

THE SHYNESS & SOCIAL ANXIETY WORKBOOK FOR TEENS CBT & ACT SKILLS TO HELP YOU BUILD SOCIAL CONFIDENCE

JENNIFER SHANNON, LMFT

"With *The Shyness and Social Anxiety Workbook for Teens* Jennifer Shannon has hit a bull's eye. Each page is fun, engaging, and filled with practical strategies to help teens break free from their social fears and worries. The book is certain to become an essential resource for teens, parents, and therapists. I highly recommend it."

—Michael A. Tompkins, PhD,
San Francisco Bay Area Center
for Cognitive Therapy & author
of *My Anxious Mind: A Teen's
Guide to Managing Anxiety
and Panic*

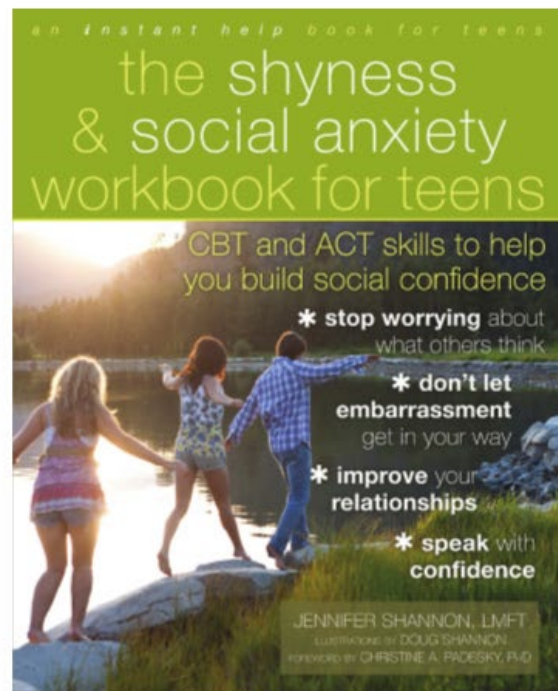
The Author

Jennifer Shannon, LMFT, is clinical director and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She is a diplomat of the Academy of Cognitive Therapy.

Illustrator Doug Shannon is a freelance cartoonist and illustrator. His book, *The Two Step*, has been translated into several languages. He had a nationally syndicated cartoon strip called *Claire and Weber* from 1997 to 2000.

During the adolescent years, teens learn to grow more independent of their parents and families and focus instead on social development. But millions of teens with social anxiety and shyness would much rather bypass this critical stage. Shy teens may want to break out of their shell but feel uncertain how to do so, or may be anxious about being judged by their peers.

The Shyness and Social Anxiety Workbook for Teens offers a complete program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) for helping teens break free from social anxiety and stop worrying about what others think. This book helps teens come to see that painful emotions, such as embarrassment, are inevitable and survivable. The comic-strip-style illustrations, exercises, and worksheets in this book address all aspects of social anxiety, from missing out on high school dances to going to job interviews. It also includes help for teens who have anxiety about blushing in public and speaking up in class.



FOR MORE INFORMATION, CONTACT
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THE SHYNESS & SOCIAL ANXIETY WORKBOOK FOR TEENS
CBT & ACT SKILLS TO HELP YOU BUILD SOCIAL CONFIDENCE
Jennifer Shannon, LMFT
June 2012 / 978-1-60882-187-7 / \$16.95 / 8 x 10 / 144 pages

THE SHYNESS & SOCIAL ANXIETY WORKBOOK FOR TEENS CBT & ACT SKILLS TO HELP YOU BUILD SOCIAL CONFIDENCE

JENNIFER SHANNON, LMFT

Praise

"This book is superb! No longer will teens need to suffer with anxiety and be on the sidelines of life. Full of clear, effective and engaging strategies, this workbook will show teens exactly what to do to overcome their fears and shyness, and importantly, will reassure them that they are not alone. Truly, every teen struggles with these issues to varying degrees. All teenagers would benefit from reading this book."

—Tamar Chansky, PhD,

*Author of **Freeing Your Child from Anxiety** and **Freeing Yourself from Anxiety***

"Teens who follow the steps described in this book can overcome shyness and social anxiety and change their life path. Jennifer Shannon's recommendations are based on the latest scientific findings, and accompanied by delightful cartoons and drawings. An outstanding contribution."

—Jacqueline B. Persons, PhD,

Director, San Francisco Bay Area Center for Cognitive Therapy

"Good basic information on social anxiety as well as how to overcome it using CBT. The concise text and abundant illustrations make the book available, easy to grasp, and engaging for teens."

—Ed Bourne, PhD, author of *The Anxiety & Phobia Workbook*

"This practical and straightforward book is highly recommended for any teen who worries too much about being judged by others. These tried and true strategies have been shown over and over to be among the most effective methods for reducing social anxiety. Every teen who struggles with shyness should read this book!"

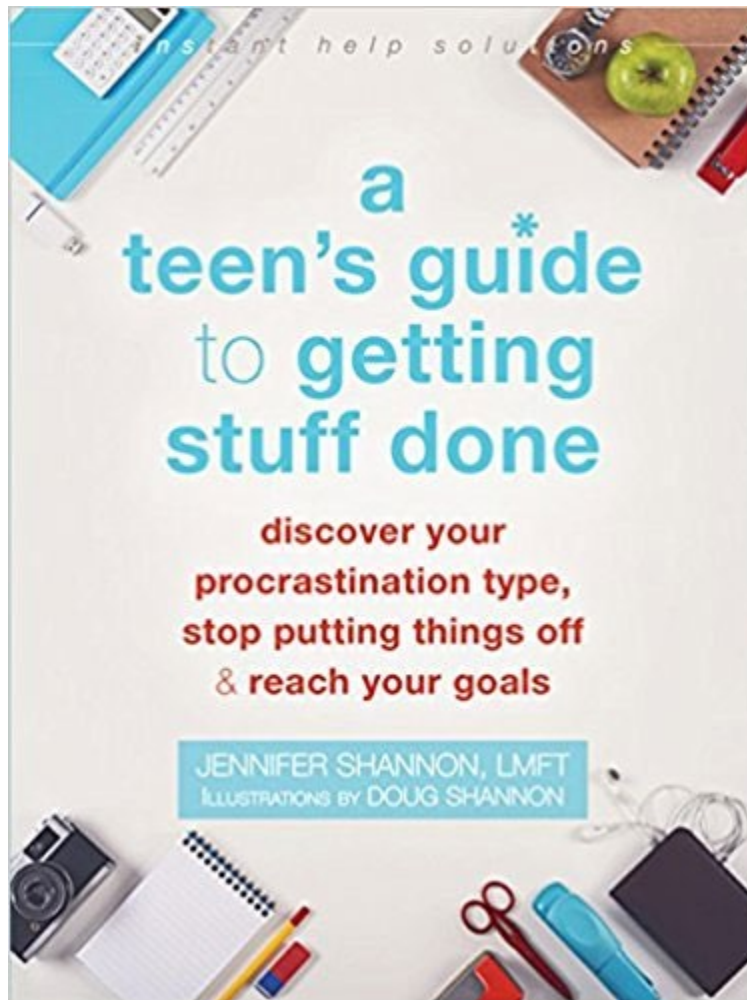
—Martin M. Antony, PhD, ABPP

*Professor and Chair, Department of Psychology, Ryerson University and author of **The Shyness and Social Anxiety Workbook***

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THE SHYNESS & SOCIAL ANXIETY WORKBOOK FOR TEENS
CBT & ACT SKILLS TO HELP YOU BUILD SOCIAL CONFIDENCE
Jennifer Shannon, LMFT
June 2012 / 978-1-60882-187-7 / \$16.95 / 8 x 10 / 144 pages

a teens guide to getting stuff done



Do you procrastinate? And if so, what's your procrastination type? In this fun and illustrated guide, author Jennifer Shannon blends acceptance and commitment therapy (ACT) and cognitive behavioral strategies to help you recognize your procrastination habits, discover the strengths of your unique procrastination type, and find the motivation you need to meet important deadlines and reach your highest goals.

In the midst of modern-day distractions like smartphones, social media, and endless hours of movie and television streaming, it's no wonder you procrastinate! But despite what you may have heard, procrastination doesn't make you a bad or lazy person. In fact, procrastination may even work for you sometimes, creating a sense of urgency that can help you focus. But if procrastination doesn't work for you, it can get in the way of meeting your full potential—in high school, college, your career, and life. So, how can you get things done and be your very best?

In *A Teen's Guide to Getting Stuff Done*, you'll discover your procrastination type—warrior, pleaser, perfectionist, or rebel—as well as the unique strengths inherent in each type. If you're a warrior, you love a good challenge,

but may not be able to complete tasks you find uninteresting. If you're a pleaser, you may be so concerned about disappointing others that you postpone doing something. If you're a perfectionist, you may put things off because you're worried about your work being judged by teachers, parents, or peers. And finally, if you're a rebel, you're driven by a strong sense of independence. By understanding your type and using the practical strategies laid out in each chapter of this book, you'll be able to break the cycle of procrastination once and for all.

This isn't a manual on how to please your parents, teachers, professors, or friends. This is a book to help you understand why you procrastinate, whether or not procrastination works for you, and if not, how to improve your work habits and really get things done. By helping you uncover your own unique strengths, this book will help you master your to-do list—and your life!

This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Press & Media Publication and Interviews



“Don’t Feed the Monkey Mind,” with Anxiety Treatment Expert and Author Jennifer Shannon.

an episode of the Mother and More Podcast with Kaitlin Soule, LMFT

A cognitive behavioral therapist who shares real thoughts, tips and tools to help you live and feel better. I share my thoughts and insights from both my clinical and personal perspective on the topic of anxiety, mental health, parenthood, and being imperfectly and courageously human. [Listen to the podcast here!](#) [Or on Apple Podcasts here!](#)



Don’t Let Social Anxiety Disorder Hurt

Your Business

Social anxiety disorder is more than just being shy or an introvert, says Jennifer Shannon, a licensed psychotherapist specializing in cognitive behavioral therapy for anxiety. Introverts recharge their batteries by being alone, but are not terrified of being among people. [Read the whole article here.](#)



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

“Just Checking” on the Ones We Love

In a March 2018 poll by the APA 68% of respondents said they worry about “keeping myself or my family safe.” Our cell phones are our favorite tool to keep that worry in check. But is it really working for us? [Click here for the article.](#)



I was contacted recently to contribute to this article by Anna Goldfarb about “self-talk” and the role it plays in shaping our lives because the way that we speak to ourselves matters! The article appeared on Vice.com, you can read the complete [article here!](#)

Experts Say You Should Tell Yourself Nice Things This is how they suggest you improve your inner dialogue.



Recently I was interviewed by **First For Women Magazine** about Holiday Stress. The article appeared in the Dec. 25, 2017 Issue of the magazine. You can download a .pdf of the complete article by [clicking here.](#)

The Press Democrat

This is an op-ed article I wrote that was published in the Santa Rosa Press Democrat on December 3, 2017. Close to Home: [Still feeling dazed after the Sonoma County fires? You're not alone.](#) Please share it far and wide, with anyone you know who was touched by the fires, or is a helping professional who is caring for fire victims.

attn:

Daniella DeCoursey from [ATTN.com](#) interviewed me for this article on how to help a friend with social anxiety. She asked some great questions and this article is full of useful tips! [Read the interview here.](#)



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

Don't Let Terrorism Hijack Your Brain

Terrorism and mass shootings activate the fear of the unknown. Find out what you can do to remain calm. By Jennifer Shannon, Anxiety and Depression Association of America

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February 2017 – You're Not Alone [Read Online](#)

High Anxiety - How to keep calm and carry on. [Download pdf](#) | [Read Online](#)

You Don't Need a Pill For That – Everyone gets anxious from time to time. A healthy dose of anxiety motivates us to challenge ourselves [Download pdf](#)

The Press Democrat

Feeling Anxious? You're Not Alone How to cope with anxiety during economic stress. By Jennifer Shannon, Press Democrat [Read Online](#)



Cognitive Behavioral Therapy for Insomnia.

Listen to Jennifer Shannon's interview with Anne Hill on Dream Talk Radio

[Listen Online](#)



New Harbinger Publications, Inc.

Exposure techniques for treating social perfectionism by Jennifer Shannon, LMFT, published in the New Harbinger Press. Techniques are provided to help you treat social perfectionism.

[Download pdf](#) | [Read Online](#)



Listen To Jennifer Shannon's Interview on With KRCB's News Director Bruce Robinson

From big tests to small slights, teenagers encounter potential sources of fear, worry and even panic almost constantly. Some skills to deal with those anxieties are the core of a "survival guide" written specifically for adolescents.

Jennifer Shannon's book [The Shyness and Social Anxiety Workbook for Teens](#), is designed to coach teens through their worries, helping them gain confidence. Shannon, says that CBT is a good tool for gradually taking control of thoughts, feelings and actions. Shannon was inspired to write the book after her own daughter, Rose, developed Social Anxiety Disorder.

[Audio](#)

Teen Social Anxiety Disorder: Cognitive-Behavioral Interventions That Work

[Audio](#)

The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help Build Social Confidence, by Jennifer Shannon, LMFT (Instant Help Books, New Harbinger, 2012) [Watch this VIDEO](#): Rose speaks about her social anxiety as a teen and how cognitive-behavioral therapy (CBT) helped her. *Interviewed by Jean Kaplan Teichroew, ADAA Director of Communications*



Social Anxiety In Children

Synopsis: Social anxiety disorder is more than just shyness. It can be crippling and keep people completely inside the house. An expert whose daughter was afflicted discusses social anxiety warning signs in children and how the disorder can be treated.

Host: Lynn Holley. Guest: Jennifer Shannon, co-founder of Santa Rosa Center for Cognitive-Behavioral Therapy, Santa Rosa, CA and author of *The Shyness and Social Anxiety Workbook for Teens* and *The Anxiety Survival Guide for Teens*.

[Audio](#)

Download the rest of the [synopsis here](#).