

The background of the entire page is a dark blue color. Overlaid on this background is a faint, semi-transparent image of a person's hands typing on a laptop keyboard. The text is centered and reads:

**MISOPHONIA
TEEN GROUP
CLASS
BROCHURE**

**SHAYLYNN HAYES-RAYMOND,
LCT-C, MA.**

Who is Shaylynn Hayes-Raymond?



Shaylynn Hayes-Raymond is an LCT-C with a MA in Counselling Psychology, BA in Political Science, and honours diploma in Creative Digital Media. Shaylynn is the director of the International Misophonia Foundation and a private-practice therapist in New Brunswick, Canada. Shaylynn has written numerous pieces on misophonia and has been an advocate for the condition since 2015. Shaylynn herself has misophonia and is a passionate mental health advocate both as a therapist and as neurodiverse advocate.

What is Misophonia Matters?

Misophonia Matters is an advocacy-based coping skills approaching which includes a class, book, and workbook for adults, teens, and clinicians by long-time advocate Shaylynn Hayes-Raymond. Shaylynn has been advocating for misophonia since 2015 and moved to a career in counselling based on her experiences as a misophonia advocate and sufferer of the disorder. The Misophonia Matters approach includes advocacy, psychoeducation, sensory-based skills, and cognitive and psychological skills. Worksheets are presented throughout the program. Central to Misophonia Matters is the idea that while we cannot treat and prevent misophonia, we can learn to navigate and adapt to our world through accommodation, coping skills, and an empathetic advocacy-based approach.

About the Misophonia Teen Group

- This group offers comprehensive psychoeducation, worksheets, and interactive group exercises tailored to teenagers aged 11 to 17 who are living with misophonia.
- The program runs weekly over one month, comprising four 2-hour sessions for a total of 8 hours. To ensure the best experience for all participants, full attendance is required, as the sessions are designed to build upon each other. Each participant will need access to a webcam and microphone for full engagement in this interactive program.
- Please note that this is a skills-based coaching program aimed at developing effective coping strategies and is not a substitute for psychotherapy.

Accessibility

- Teens will be encouraged to turn off their camera/microphone when they feel overwhelmed.
- No eating, drinking, pen-clicking or other obvious trigger sounds will be allowed during these sessions. If a teen must eat/drink due to health reasons, they will be asked to turn their camera/mic off to prevent triggers.
- Teens are encouraged to politely bring up triggers in a safe and accepting environment so that the group can adjust to their needs (this also provides an opportunity to practice communication skills).

Class Schedule

Session 1

- 30 minute psychoeducation presentation on what is misophonia and how to explain misophonia to others
- 30 minute group discussion on psychoeducation topic
- 30 minute group activity based on on psychoeducation topic
- 30 minute discussion on group activity

Session 2

- 30 minute psychoeducation presentation on negotiations and accommodations for misophonia
- 30 minute group discussion on psychoeducation topic
- 30 minute group activity
- 30 minute discussion on group activity

Session 3

- 30 minute psychoeducation presentation on cognitive coping skills for misophonia
- 30 minute group discussion on psychoeducation topic
- 30 minute group activity based on on psychoeducation topic
- 30 minute discussion on group activity

Session 4

- 30 minute psychoeducation presentation on sensory based coping skills for misophonia
- 30 minute group discussion on psychoeducation
- 30 minute group activity based on on psychoeducation topic
- 30 minute discussion on group activity as well as a final discussion on topics learned/explored in group and discussion of any ideas/skills that require more follow-up

Each session is 2 hours long for a total of 8 hours in the class.

Cost and Registration

- The cost of the program is \$600 (USD) per participant, which includes a free PDF version of Misophonia Matters and the companion workbook. Additionally, you will receive access to a 1-hour misophonia coping skills class (recommended for parents to view).
- Upon payment, consent forms will be sent via billing email. There is a maximum attendance of 10 teenagers for this group. Upon payment you will be sent the intake forms to fill out and the zoom link for the classes.

If you have multiple teenagers in your family with misophonia, please reach out to shaylynn@misophoniafoundation.com for an affordable family discount. You may also reach out if your family requires funding assistance and low income grants.

Class Dates

- Classes are run every few months (normally quarterly). You may join the waitlist for the next session if the current session is full. If the waitlist becomes over-full, new dates may be added to accommodate the need.
- Information sessions, registration information, and upcoming Q&A webinars can all be found at the convenience link below (or scan the QR code from your mobile device).



Registration
QR Code

<https://misophoniafoundation.com/teen-class/>