

Courageous Kids Counseling Addresses Back-to-School Anxiety in Children, Teens

The child and teen therapy practice outlines school-year options for families in Rockland County, Bergen County, and online across New York and New Jersey.

NYACK, NY, UNITED STATES, August 31, 2026 /EINPresswire.com/ -- Courageous Kids Counseling, a child and [teen therapy](#) practice with offices in Nyack, New York and Ramsey, New Jersey, is highlighting its school-year therapy options as students head back to classrooms across Rockland and Bergen counties.

September has a way of surfacing what stayed quiet all summer. Parents call about stomachaches before the bus, homework that ends in tears, a teenager who has stopped saying anything about their day. Some of that settles inside a few weeks. When it does not, families start looking for outside support.

Where Students Get Stuck

The sticking points tend to be specific, and a parent rarely sees them from home. A test Friday, presenting in front of twenty-five classmates, a cafeteria with no obvious seat, a locker combination that will not open. Younger kids often have no words for any of it, so it shows up as behavior and parents get the fallout at home instead of a note from school.

The practice offers [child therapy](#) built around play therapy, CBT, and behavioral work that gives a kid something concrete to try during the school day. Older students get teen therapy, which is somewhere private to deal with academic pressure and the things they will not say at the dinner table.

Anxiety Before the First Bell

School avoidance usually starts small. One missed morning, then two, then a pattern nobody planned for. Courageous Kids Counseling provides [anxiety therapy](#) for children covering separation anxiety, social anxiety, test worry, and school refusal, using CBT, exposure and response prevention, play therapy, and pediatric biofeedback. Parents stay in the loop the whole way, with regular communication and practical guidance for what happens between sessions.

Executive function coaching is also available for students who lose ground on organization and

getting started on assignments.

Offices and Access

The Nyack office at 13 North Broadway serves Rockland and Westchester counties. The Ramsey office at 300B Lake Street, Suite 4 serves Bergen County and the surrounding New Jersey towns. Secure online sessions are available to families anywhere in New York and New Jersey, which helps once fall schedules fill up with practices and rehearsals. Families can start with a free phone consultation with a licensed child therapist.

About Courageous Kids Counseling

Founded by Erica Smuckler, LCSW, Courageous Kids Counseling provides child therapy, teen therapy, family therapy, group therapy, parent coaching, and online sessions for ages 3 to 17. The team treats anxiety, depression, trauma, ADHD, OCD, selective mutism, and behavioral challenges. Clinicians are available and licensed in both New York and New Jersey.

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