

# Dialectical Behavioral Therapy

# DBT GROUPS

# ADOLESCENT GIRLS

## Why DBT...

Dialectical Behavioral Therapy

☞ The empirical evidence that supports the foundations of Dialectical Behavioral Therapy is extensive. This innovative protocol integrates a number of heavily researched and widely embraced therapeutic practices; including Behavioral Therapy, Mindfulness and Acceptance-Based therapy and Dialectical Behavioral Therapy.

☞ Effective in treating those who struggle with a wide variety of disorders including post traumatic stress disorder, eating disorders, generalized anxiety disorders, panic disorder, agoraphobia, depressive disorder, impulse-control disorder, many personality disorders and addictions to substances.

## DBT skills groups can...

- ☞ Provide easy to use everyday skills
- ☞ Decrease dangerous behaviors
- ☞ Balance emotions & solutions
- ☞ Improve communication
- ☞ Increase awareness to create behavioral change
- ☞ Decrease behaviors that interfere with success
- ☞ Learn coping skills and more!

## 4 basic skills of DBT...

- ☞ Mindfulness
- ☞ Interpersonal Effectiveness
- ☞ Emotional Regulation
- ☞ Distress Tolerance

Contact Michelle, Deb or Heidi to inquire about the DBT Skills Group

*Presented by...*

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