



Dialectical Behavior Therapy

Boys DBT GROUP

Adolescent Boys

ROGERS

• Thursdays •

▶ 3:30-5pm
Starting Sept 29th

22 weeks

Why DBT?

- ▶ Provides practical & effective skills
- ▶ Increase mindfulness & awareness
- ▶ Decrease problematic behavior
- ▶ Improves stress tolerance
- ▶ Improved communication

Four Elements of DBT

1. Mindfulness
2. Distress Tolerance
3. Emotions Regulation
4. Interpersonal

Facilitated by...

- Cindy Meyer MA, LMFT, LADC
- Jennifer Knapp MA, LAMFT

All Insurance Plans Accepted

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