

## DBT Skills Group for Teens

Does your teen experience moments of despair that sometimes is seemingly caused by small things? Maybe their emotional distress is leading to self-destructive behaviors? Adolescence in the modern world is a very difficult time for some; one that needs a different tool-set than we are used to. The rise in peer pressure, competitive conflicts, and unhealthy social media messages are all likely contributors to a national increase in anxiety, depression and low self-esteem.

This group is designed to help teenagers become all they are meant to be through an educational and experiential approach to improving decision-making, developing coping resources, managing stress, and increasing self-esteem.

Participants will learn coping strategies in a safe and supportive environment to help build a skill set to better manage the everyday challenges of being a teenager.



### **Group Goals:**

- Increase ability to make safe and healthy choices.
- Increase self-esteem, self-confidence, and the ability to know and accept oneself, be assertive, and overcome a variety of difficult situations
- Improve emotional regulation and reduce stress
- Gain mastery of effective coping strategies to address negative feelings.
- Address problems associated with low self-esteem, anxiety, depression, peer issues, and other problems.
- Tolerating the distress of school and day-to-day life.

**This is an on-going group. Participants can join at any time as space allows**

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### **DBT coping skills modules:**

- Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness
- Walking The Middle Path

**Insurance Accepted**