

DBT Skills Group For Teens

Group Goals

ADOLESCENCE IN THE MODERN WORLD IS A VERY DIFFICULT TIME FOR SOME; ONE THAT NEEDS A DIFFERENT APPROACH TO CARE 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 NOW AND THROUGHOUT LIFE WITH AN EDUCATIONAL AND EXPERIENTIAL APPROACH TO IMPROVING DECISION-MAKING, DEVELOPING COPING RESOURCES, MANAGING STRESS, AND INCREASING SELF-ESTEEM.

- 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

OFFICES IN ROCKVILLE CENTRE
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