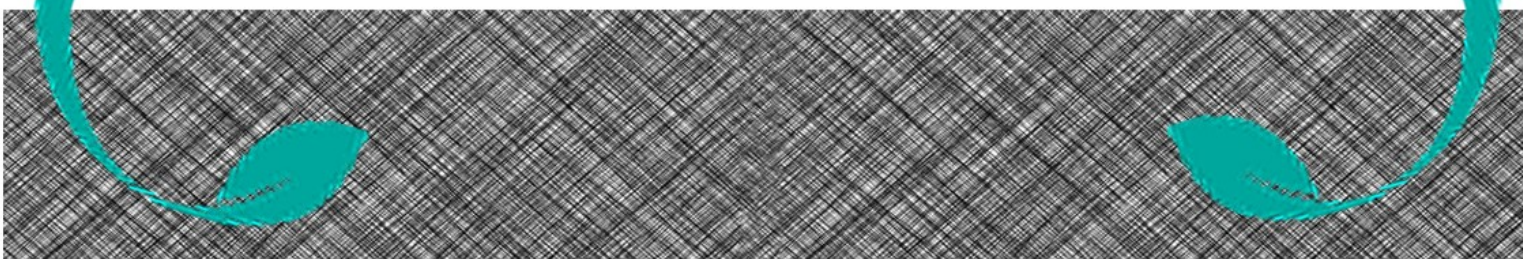


Dialectical Behavior Therapy (DBT)

SKILLS Group for Teens



What is DBT?

Dialectic Behavior Therapy (DBT) helps those experiencing anxiety, depression, self harming, eating disorders, or compulsive thinking to be more effective in living a healthy life.

DBT Skills Groups are designed to help members develop emotional and mindful wisdom, build relationship skills, and learn to deal with self-defeating behaviors & distress in healthier ways.

Who is this DBT Group For?

This interactive group is for those in grades 9-12 (ages 15-18) who struggle with interpersonal relationships and managing emotional responses to stress, AND are ready to learn new ways of coping with these issues.

Core Skills Covered

Mindfulness	Distress Tolerance
Emotion Regulation	Interpersonal Effectiveness



Integrative Counseling Center

Facilitator:

Amelia Neuroth, LPCC

Group Time & Date:

Fridays

4:00pm - 5:00pm

Location:

IN-PERSON

1081 Dove Run Rd

Office #201

Group Duration:

Group begins 1/28/22

and run for 10

consecutive weeks

For more information,

go to our website:

www.icc-lex.com

