

# DBT GROUP FOR ADOLESCENTS

## Does your teen struggle with any of the following Challenges:

- Feeling Sad or Angry Often
- Severe Mood Swings
- Low Self-Esteem
- Self-Abusive Behaviors
- Impulsive Behaviors
- Destructive Behaviors
- Legal Charges
- Substance Abuse
- Poor Relationships with Friends & Family



## What is DBT & How can it Help?

*Dialectical Behavior Therapy (DBT) combines cognitive behavior therapy with concepts derived from Zen Buddhism. The combination utilizes techniques that assist with emotion regulation, acceptance, distress tolerance, and mindfulness exercises. These powerful techniques can help your teenager learn how to cope with intense feelings and struggles within their daily life.*

## DBT will Teach Your Teenager Skills To:

- Cope with Painful Experiences or Difficult Situations
- Increase Self-Worth and Self-Acceptance
- Decrease Self-Harming Behaviors
- Have More Control and Awareness of His/Her emotions
- Learn Healthy Boundaries and Assertiveness
- Establish and Maintain Healthy Relationships

**Who:** Adolescents Ages 13-17

**Where:** Through Counseling  
Innovations online

**When:** Wednesday Evenings  
7 pm - 8 pm

**Leader:** Olivia Ellis, MS, CRC, NCC

**Cost:** \$35.00 per Group/  
Initial Screening Interview

**Register:** Please call 678.919.1077

[www.counselinginnovations.net](http://www.counselinginnovations.net)

