

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-harming behavior
- 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/their emotions
- Learn healthy boundaries and assertiveness
- Establish and maintain healthy relationships

Who: Adolescents Ages 13 – 17

Where: Counseling Innovations online

When: Thursdays from 6 pm – 7 pm

May 18th – August 3rd

New Segments Begin: May 18th, June 8th, & July 6th*

Leader: Olivia Ellis, MS, CRC, NCC

Cost: \$35.00 per Group/Initial Screening Interview

Register: Text 404-490-3790

Call 678-919-1077

**After doing the initial screening, new members can join when the next segment begins*

www.counselinginnovations.net