

DBT Group for Adolescents

Does your teen struggle with any of the following challenges:

- Feeling sad, anxious, or angry often
- Severe mood swings
- Low self-esteem
- Self-harming behavior
- Impulsive or destructive behaviors
- Legal charges
- Substance abuse
- Trauma
- Poor relationships with friends & family

DBT will teach your teenager skills to:

- Cope with painful experiences or difficult situations
- Increase self-worth
- Increase self-acceptance
- Decrease self-harming behaviors
- Decrease impulsive or destructive behaviors
- Have more control and awareness of their emotions
- Learn healthy boundaries
- Be more assertive
- Establish and maintain healthy relationships

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.

Who: Adolescents Ages 13 – 17
Where: Counseling Innovations online
When: Thursdays from 6 pm – 7 pm
New Modules Begin:
Nov. 2nd
Nov. 30th
Jan. 4th
Jan. 25th
Leader: Olivia Ellis, MS, CRC, NCC
Register: Text 404-490-3790
Call 678-919-1077

Cost: \$35 for initial screening*
3 payment plans available
Entire Course: 12 meetings for \$385**
(\$95 discount for course)
Per Module: 3-week module for \$100**
(\$20 discount per module)
Pay & Go: \$40 per group attended
Pay before each meeting

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

***Payment due prior to the first meeting of the next module you will be attending*

www.counselinginnovations.net