

# Teen DBT Skills Group

8-Week Group March 22nd – May 10th for Ages 13 – 18  
Wednesdays 5:30pm – 7pm at Claibourne Counseling



**Dialectical Behavior Therapy (DBT)** is an evidence-based method that teaches healthy coping skills for people who want to better manage their emotions, thoughts, behaviors, and experiences to improve overall connection to self and others!

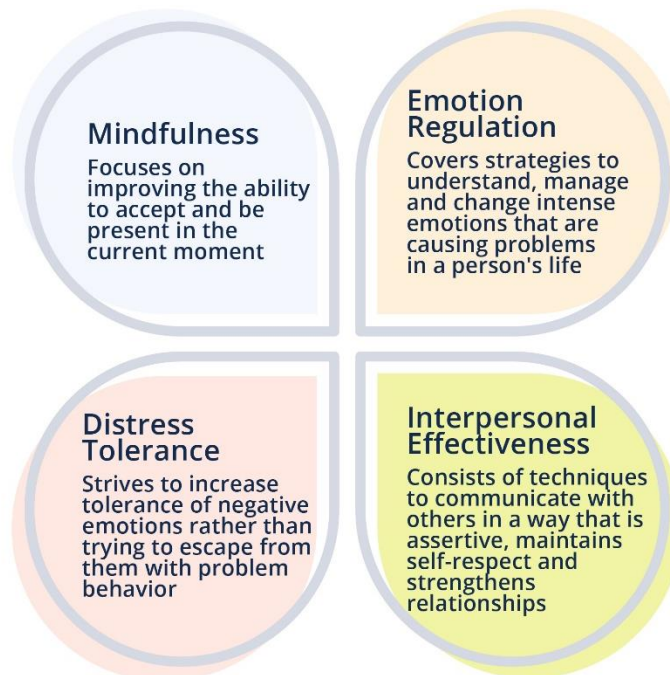
DBT skills are excellent to use when encountering common issues such as...

- Handling Big Emotions
- Managing Expectations
- Relationship Challenges
- Attention Span & Focus Struggles
- Managing Boundaries & Confidence
- Drug or Alcohol Abuse
- Disordered Eating Habits
- Ideas of Self-Harm or Suicide
- Feelings of Anxiety or Depression
- Coping with Rejection, Pressure, Etc.

DBT Skills Training focuses on the following areas...

***Mindfulness, Interpersonal Effectiveness, Emotional Regulation, & Distress Tolerance***

Increasing self-awareness  
Increasing problem-solving skills  
Maintaining satisfying relationships with others  
Understanding, managing, and regulating emotions  
Tolerating distress without making problems worse



*DBT Chart Credit Children's Health Council chconline.org*

Claibourne Counseling | 10613 N Hayden Rd, Suite J-100 | Scottsdale, AZ 85260  
**\$400 for All 8 Sessions!! Call or Text to Sign Up 480-485-8824**