

TEEN DBT SKILLS GROUP

Join us for a DBT (Dialectical Behavior Therapy) psycho-educational skills group that teaches:

**CORE MINDFULNESS
EMOTION REGULATION
DISTRESS TOLERANCE
INTERPERSONAL EFFECTIVENESS SKILLS**

AGES
14 - 17

Learn to identify thinking patterns that often lead to extreme emotions & moods, impulsiveness and self-destructive behavior. Group will teach coping skills that can be used to control thoughts, tolerate distress and effectively communicate with others.

WEDNESDAYS, JUNE 21 - AUGUST 23, 2017
5:00 - 6:30 PM

THE GROUP WILL DECIDE WHETHER OR NOT TO MEET DURING THE WEEK OF JULY 4TH. IF THE DECISION IS NOT TO MEET, A MAKE-UP GROUP WILL BE ADDED TO THE END DATE.

SENTIER PSYCHOTHERAPY 670 Cleveland Ave. S. | St. Paul, MN 55116 | *(Highland Park neighborhood)*

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If you have a teen who is interested in participating, contact Nicole Kerr:
EMAIL [NKERR@SENTIERTHERAPY.COM](mailto:nkerr@sentiertherapy.com) | CALL 763.913.8261, EXT 3
to schedule an intake session. Intake session must be completed one week prior to group starting.

*Please note that this is not a full, DBT intensive program. The group does not include individual weekly therapy with a DBT therapist or phone coaching calls between sessions. This is a psychoeducational group that has been condensed into 10 weeks and does not cover every DBT skill.