

# Teen DBT Skills Group

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

**CORE  
MINDFULNESS**

**DISTRESS  
TOLERANCE**

**EMOTION  
REGULATION**

**INTERPERSONAL  
EFFECTIVENESS SKILLS**

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.

**AGES**  
14 – 18

Group begins quarterly. Please visit our website to find specific dates:

**[WWW.SENTIERTHERAPY.COM](http://WWW.SENTIERTHERAPY.COM)**

If you have a teen who is interested in participating, please contact us to schedule an intake appointment. Intake sessions must be completed one week prior to group starting.

**SENTIER PSYCHOTHERAPY**

670 Cleveland Ave. S., St. Paul, MN 55116 (Highland Park neighborhood)



**wellness for families**

\*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 8 weeks and does not cover every DBT skill.