

# Coping Skills Group for Teens based on Dialectical Behavior Therapy (DBT)

## Who is DBT for?

- ❖ Do you struggle with intense emotions?
- ❖ Do little things upset you?
- ❖ When you're upset do you make rash decisions?
- ❖ Do you have rocky relationships?
- ❖ Would you like to handle conflict better?
- ❖ Do you engage in emotional eating?
- ❖ Do you feel empty inside?
- ❖ Do you feel like you don't really know yourself?

If the answer is YES to any of these questions, then DBT may be right for you.

## What is DBT?

DBT combines techniques of Cognitive Behavioral Therapy with principles from Eastern traditions, like meditation, and is helpful in working through a variety of issues such as managing emotions, anger control problems, depression, disordered eating, substance use problems, and relationship issues.

Participants will learn how to improve their quality of life and relationships utilizing the following skills sets:

1. Core Mindfulness: Increase awareness within and outside of yourself – the first step to developing all the other skills. Learn to live more in the moment rather than feel anxious about the future or bad about the past.
2. Emotion Regulation: Learn to recognize emotions, decrease emotional vulnerability, and increase positive emotions.
3. Distress Tolerance: Learn to tolerate and survive crises and accept life in the moment.
4. Interpersonal Effectiveness: Learn to effectively ask for what you need, say no, and cope with interpersonal conflict.

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**When:** Saturday May 29 - December 3, 2021; 11:00am to noon, online.

**ACCEPTING NEW MEMBERS NOW – GROUP IS FOR TEENS ONLY**

**Cost:** \$100 per session (Most insurance providers will reimburse some % of the fee; we can help you file for reimbursement)

**To Register:** Call 919-572-0000 or email [scheduler@lepageassociates.com](mailto:scheduler@lepageassociates.com)



## Lepage Associates Psychological Services

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**DBT Groups are very popular and space is limited so register now to reserve a spot!**