

Adolescent Girls DBT Groups



Dialectical Behavior Therapy (DBT) helps teens deal with strong feelings, manage life stressors, and improve their relationships with others. You will learn practical skills to help you through adolescence to adulthood.

- **Mindfulness:** Focusing your mind on the present moment, centering yourself, & gaining an understanding of your emotions.
- **Distress Tolerance:** Finding relief from intense, difficult emotions & reducing impulsive behaviors.
- **Emotion Regulation:** Learning to accept & tolerate emotions
- **Interpersonal Effectiveness:** Maintaining healthy relationships & getting what you need from relationships.
- **Walking the Middle Path:** Learning to replace either/or thinking with both/and thinking and improving parent & teen communication.

Our DBT Groups include 5 Modules and last 20 weeks. Groups meet for 60-75 minutes on Monday evenings. Participants are expected to attend every session. A monthly parent session is required. Please contact us for specific dates and times. New participants may enter at the beginning of each module. Insurance Accepted.

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