



# Teen Dialectical Behavior Therapy (DBT) Skills Group

## Wondering If a DBT Skills Group Could Benefit Your Teen?

**DATE OF GROUP: TBD**  
**12 week group**  
**All Sessions Required**  
**Snacks and Drinks Provided**

*Recommended to have individual therapist in place for support with post processing of each group session*

### Group Goals:

- Increase ability to make safe and healthy choices.
- Increase self-esteem, self-confidence, the ability to know and accept oneself, and become more assertive.
- Improve emotional regulation and reduce stress .
- Gain mastery of effective coping strategies to address negative feelings.
- Address problems associated with low self-esteem, anxiety, depression, peer issues, and other problems.
- Be able to tolerate the distress of day-to-day life.

- Does your teen sometimes feel "bad" or "upset" without knowing why?
- Does your teen feel as though they are on an emotional roller coaster, with little control over extreme emotions?
- Does your teen's emotions often get the best of them, leading them to do something they later regret?
- Do they tend to make negative statements about themselves?
- Do they tend to dwell on the negative?
- Do they try to avoid feelings by shutting down?
- Do they engage in self-destructive behaviors (i.e. self-harm)?
- Do they tend to ignore their own needs or happiness, but focus on making others happy?
- Do they tend to struggle socially - becoming friends with others who don't treat them fairly, or having very intense relationships quickly?
- Do they feel alone and/or misunderstood?
- Do they tend to worry excessively?
- Do they tend to struggle with standing up for themselves and struggle to be assertive?

This 12 week group is designed to help your teen to become all that they are meant to be through an educational and experiential approach to improving decision-making, developing coping resources, managing stress, and increasing self-esteem.

Participants will learn coping strategies in a safe and supportive environment to help build a skill set to better manage everyday challenges.



**Cost: \$50 per session includes all materials**  
**Insurance not accepted**  
**Check/Cash/Credit/Debit/ HSA/FSA Accepted**

**Ready to get your teen registered?**

**Follow These Steps:**

- Go to our website [bekindomaha.com](http://bekindomaha.com)
- Click on More Info on the Groups tab
- Click on Get Started and complete our electronic form selecting Teen DBT Group
- Our coordinator will reach out to you once your form has been received