



DBT Adolescent Skills Groups

21-Week Program, one day per week

Groups are held Mondays and Tuesdays from 4-6 pm

Location: 11800 Aberdeen St NE, Suite 100, Blaine, MN 55449

One parent/guardian MUST attend four parent review sessions

Together, girls between the ages of 13-17 will learn tools and life changing skills which will empower them to effectively deal with life and relationships in their daily lives.

Group members that attend DBT are required to:

- * Actively participate
- * Complete diary cards and practice homework between sessions
- * Commit to going through all modules at least once
- * Follow guidelines for group
- * Encourage & be supportive of group members



Adolescents and parents will learn and refine skills to reduce:

- Interpersonal Chaos
- “Roller coaster” emotions and moods
- Impulsiveness
- Distorted thinking patterns
- Confusion about self/identity
- Self harming behaviors

And increase skills in:

- Distress Tolerance
- Interpersonal effectiveness
- Emotion regulation
- Core Mindfulness
- Middle Path/Living in balance