



WELCOME TO DBT!

DBT, or Dialectical Behavior Therapy, is a well researched model of treatment that helps adolescents, adults and children who have difficulties with anxiety, depression, eating disorders, unstable moods, relationships and thoughts of suicide or self-harm. DBT works by teaching concrete skills in an accepting group environment with others who are working through similar challenges.

DBT at Therapy Connections:

- This particular DBT group is geared towards Adolescent Girls, ages 13-17 years
 - Meets for 21 weeks from 4-6pm
 - Encourages parent participation*
- Includes snacks and fun activities that encourage learning DBT Skills



If you have questions about DBT, our group, or whether DBT would be a good fit for you, please give us a call. We look forward to helping you!

Jill D. Boike, Clinical Director
Therapy Connections

*Parent or guardian participation is a very important part of our group. It ensures that the skills clients learn can transfer to the home environment to be utilized and practiced there. Parents or guardians are required to attend approximately once per month.

Therapy Connections does extensive work with individuals, couples and families in the areas of:



Therapy Connections

11800 Aberdeen St. NE, Suite 100
Blaine, MN 55449

5200 Willson Rd., Suite 440
Edina, MN 55424

info@therapy-connections.com
763-270-0054

Fax 763-208-6371

www.therapy-connections.com

Many forms of insurance are accepted, including:

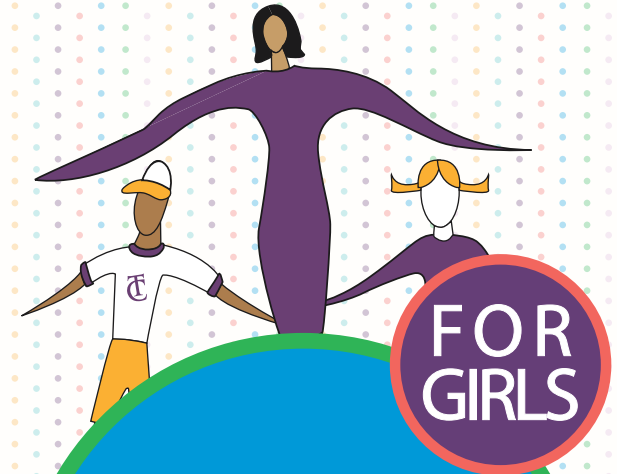
- Blue Cross Blue Shield
- PreferredOne
- BHP/Plans
- U-Care
- Cigna
- UBH/Medica/Optom
- Health Partners

Please call for additional plans.

DBT FOR GIRLS

ADOLESCENT GIRLS, WOULD YOU LIKE:

- Improved Relationships?
- Less Stress & Worry?
- More Fun & Positive Experiences?
- To Learn Healthy Behaviors & Thinking Patterns?
- To Experience Emotions In A Positive Way?

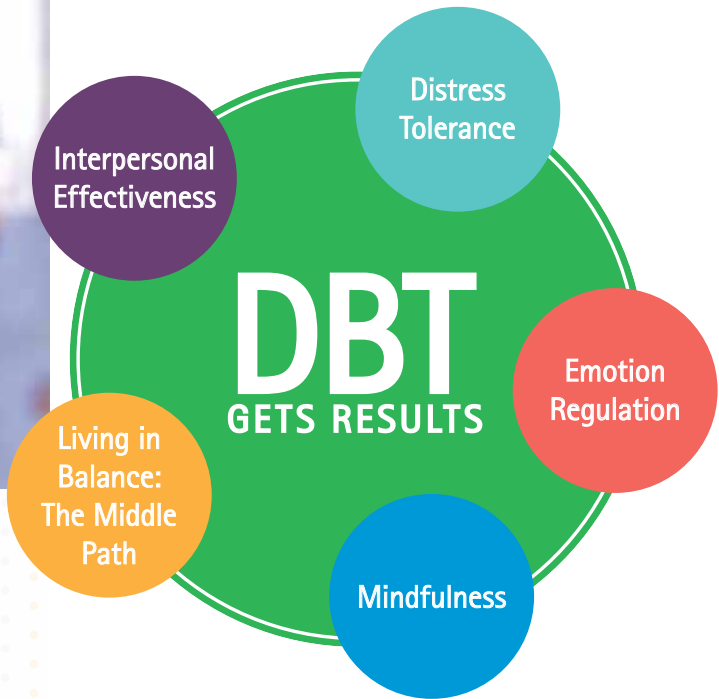


DBT
Dialectical Behavior Therapy

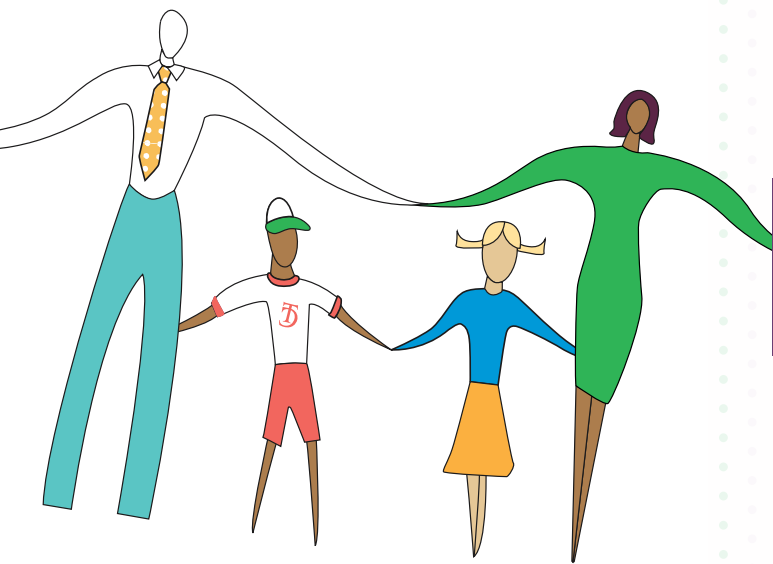
Discover the "Make It Happen" skills of
Dialectical Behavior Therapy (DBT)

Therapy Connections

Clinic Office 763-270-0054
www.therapy-connections.com



Therapy Connections offers an interactive, everyday Adolescent Girls and parent/guardian DBT group experience. Learning DBT skills can be helpful for anyone struggling with: Anxiety, Depression, Mood Disorders, Trauma and other difficulties with behaviors and or relationships.



For further information about DBT groups, individual, couple or family therapy, please contact us at **763-270-0054**.

Our groups run for **21 weeks**. New group members are able to start at the beginning of any new skill module.

Group members are expected to:

- Actively participate
- Complete diary cards and homework between sessions
- Commit to going through all modules (21 weeks) at least once
- Respect and support all group members
- Follow guidelines for group; including regular attendance for group member and parent

Teens DBT Group
Meets for one session per week
4:00-6:00pm

Both the girls and parents will **learn and refine skills** to reduce:

- Difficult and Unstable Relationships
- School and Peer Challenges
- "Out of Balance" Emotions and Moods
- Unhealthy Thinking Patterns
- Self-Harming thoughts and Behaviors

We have groups in both Blaine and Edina. Blaine is the heart of the Northern suburbs, at the intersection of 117th Street and Cloud Drive off of Highway 65. We are also located in Edina at the intersection of Hwy 100 and 50th Avenue.

