

DBT SKILLS GROUP FOR TEEN GIRLS

Living Pono Counseling

1303 South Frontage Rd, Hastings, MN 55033

About DBT

Dialectical Behavior Therapy (DBT) is an evidence-based therapeutic modality about learning tools and skills to empower you to be as effective as you can be in your life. DBT has been proven effective in managing intense emotions, reducing self-destructive behaviors, and improving communication and relationships. This group will focus on building the skills in each of the four modules of DBT.

4 Modules of DBT

Mindfulness: Being in the here and now, non-judgmentally

Distress Tolerance: Managing frustrations, stress, problems effectively

Emotional Regulation: Having healthy emotional expression and impulse control

Interpersonal Effectiveness: Getting needs met in relationships and sustaining healthy relationships

Contact and Session Info

- megan.livingpono@gmail.com
- 224-424-4194

Sessions will be:

- Wednesdays from 6:00-7:30 pm, in person
- \$20/session, cash/credit/check
 - Insurance not accepted
- 5-10 group members, starting when group is filled so reach out ASAP!

What skills will you learn?

How to:

- Appropriately manage intense emotions
- Handle symptoms of anxiety and depression
- Abstain from self-destructive behaviors
- Reduce impulsivity and reactivity
- Communicate effectively to improve relationships and create effective assertiveness