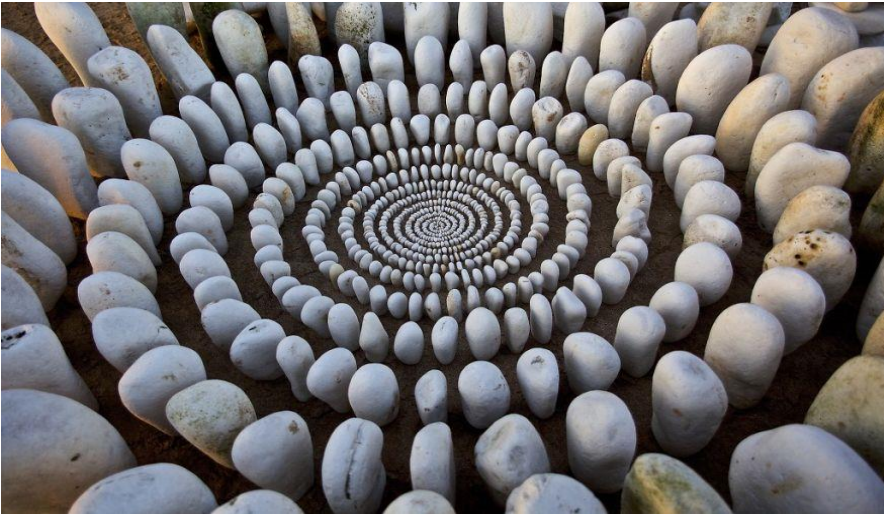


DBT SKILLS BASED GROUP FOR ADOLESCENTS

BALANCE
•
STABILITY



Dates to be determined. Will be twice per week for four weeks.

6:30-8:00 PM

Ages: 15-17

What is DBT?

Dialectical Behavioral Therapy (DBT) is a cognitive-behavioral skill-based approach to reduce dysfunctional thought and behavioral patterns.

Limited Availability.

First Come First Serve.

Interested? Call or Email.

Main Office

100 West Eisenhower Drive, Suite A
Hanover, PA 17331

Phone: 717.632.8400

Fax: 717.632.9300

Email: info@cognitivehealthsolutions.com

Facilitated by:
Jessica Hurda MS, NCC, LPC

Who is DBT Skills Based Group for?

Our DBT Skills Based Group is developed for adolescents who experience self-destructive thoughts and behavioral patterns with themselves and others. This may include impulsiveness, unstable emotions, confusion about self and difficulty maintaining relationships.

What Will You Learn from DBT Skills Based Group?

Our DBT Skills Based Group will increase emotional regulation skills, tolerating and coping with painful and difficult situations through distress tolerance, experiencing the present moment through mindfulness skills, developing a healthier relationship with yourself and others through interpersonal effectiveness skills.