



## **ADOLESCENT DIALECTICAL BEHAVIOR THERAPY SKILLS TRAINING GROUP**

Dialectical Behavior Therapy (DBT) has been proven effective for reducing impulsive and self destructive behaviors, reducing the need for hospitalizations, and helping adults improve their mood and enhance their overall quality of life. Increasingly, professionals are using these skills to help teenagers who struggle with these problems as well, and are finding that these interventions can help youth:

- ❖ Achieve abstinence from cutting, substance use, or other self-destructive behaviors
- ❖ Increase insight into faulty beliefs and self-defeating thoughts
- ❖ Master appropriate communication skills
- ❖ Replace unhealthy relationships with healthy ones
- ❖ Develop effective strategies for managing extreme moods
- ❖ Begin to develop a positive identity that will reduce susceptibility to peer pressure and enhance self esteem
- ❖ Adopt meaningful coping skills to achieve more balance in their thoughts, emotions, and behaviors

Adolescent DBT groups are held at 1476 W Main Street, Lansdale, PA 19446 every Tuesday OR Wednesday evening from 7:00-8:30 PM and run for 5-10 months. Contact Dr. Suzanne Robison at (610) 247-6782 to arrange an individual consultation to determine if this group is appropriate for your client, student, or child! The cost of this group is \$40.00 per week for each participant.