



SOUTHEAST PSYCH
N A S H V I L L E

DBT SKILLS GROUP FOR TEENS: **FOR TEENS & PARENTS (AGES 13-18)**

The overall goal of the group is to help teens and their families learn to regulate their emotions in healthier ways. To accomplish this, they are taught how to effectively communicate their needs, express and manage distress, and think about situations in new ways.



NICK VALADEZ



LAURA LITTLE



DR. LAUREN KING

To register, contact everhaagen@southeastpsych.com

DIALECTICAL BEHAVIOR THERAPY (DBT) CAN HELP WITH:

- Improving self-esteem
- Managing emotions effectively
- Decreasing self-harm behaviors
- Resolving conflict at home
- Decreasing high risk behaviors
- Increasing impulse control



5409 Maryland Way, Suite 202
Brentwood, TN 37027



Phone: 615.373.9955
Fax: 615.373.2001



www.southeastpsychnashville.com
everhaagen@southeastpsychnashville.com