

# DBT SKILLS GROUP: For Teens (13-18) And Parents



LAURA HAMILTON



LAUREN KING





**SOUTHEAST PSYCH**  
N A S H V I L L E


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.

## 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.southeastpsynashville.com](http://www.southeastpsynashville.com)  
[jjansen@southeastpsynashville.com](mailto:jjansen@southeastpsynashville.com)