

DBT SKILLS GROUP FOR TEENS

(AGES 14 - 18)



Are your teen's emotions controlling their life?

If so, Dialectical Behavior Therapy skills training may be the answer.

Dialectical Behavior Therapy (DBT) is a treatment protocol that has gained international acclaim for the successful treatment of a variety of mental health issues including: emotion dysregulation, depression, anxiety, substance abuse, impulsive/reactive behaviors, and interpersonal difficulties.

Skills learned include:

- Mindfulness
- Emotion Regulation
- Interpersonal Effectiveness
- Distress Tolerance



Tuesdays 5:00—6:30pm

5277 Manhattan Circle, Suite 250

\$60 per session, payable at the start of each month



Lacey Taylor, Ph.D. and Adriana Balentine, LCSW, CACII, EMDR have each spent the past decade treating teens and adults in a variety of mental health care settings. Both Lacey and Adriana's practices are founded in evidence-based treatments, including Dialectical Behavior Therapy for teens and young adults. To learn more about the group leaders, please visit their websites:

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****FOR MORE INFORMATION AND TO ENROLL:****

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