

Advanced DBT for Teens

southeastpsych.com

The 10 -week Advanced DBT group at Southeast Psych is a teen only group available to those who have completed the Teen DBT program, demonstrated investment in and benefit from DBT treatment, and want to learn and apply the skills more in depth. Goal setting, skill application, and weekly homework will be core components of group.

The first group is for parents only. The following nine weeks will be with teens only. Each teen will identify individual goals and target behaviors during the first group. Subsequent weeks will focus on the use of DBT skills for Distress Tolerance, Emotion Regulation, Mindfulness, Interpersonal Effectiveness, and Walking the Middle Path to help teens reach their goals.

Homework completion is mandatory for the group. Those interested should complete an application and discuss readiness for Advanced DBT with former DBT group leaders.

\$500 total

Groups will be limited to six participants at a time.



SOUTHEAST
PSYCH



DR. BLOOMFIELD

*For more
information
and to
complete an
application,
please contact
Sharon
704.552.0116*