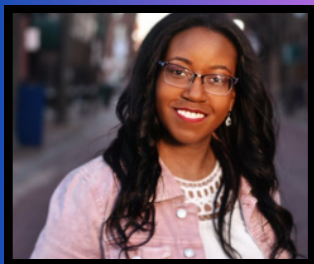




Dialectical Behavior Therapy (DBT) Skills Group High School Teens



**Selena Jackson,
Ph.D.
Parent Facilitator**



**Carly Young,
Psy.D.
Teen Facilitator**

**For more information about
registration, contact Lindsay
Stewart:
Lstewart@southeastpsych.com**

*Please note this DBT program is an Outpatient
Therapy Group intended to support the teen's
progress in Individual Therapy. It is not
designed as an Intensive Outpatient Program.*

DBT provides effective coping strategies for teens and their families who struggle with a variety of concerns including:

- Difficulty managing emotions
- Safety concerns (suicidal thinking, self-harm)
- Poor impulse control
- Depression and Anxiety
- Maladaptive relationship patterns and poor boundaries

This 16-week program will teach your teen various skills through four DBT skills modules:

- **Mindfulness** (increasing awareness without judgment)
- **Distress Tolerance** (learning to tolerate stress in a healthy way)
- **Emotion Regulation** (understanding emotions and how to effectively manage them)
- **Interpersonal Effectiveness** (practicing respectful and assertive communication)

Teen Group will be held 1x/weekly. In each group session, teens will learn several DBT skills within the current module of focus. Teens are encouraged to apply these skills outside of group sessions with the support of their individual therapist, who they are required to meet with on a weekly or bi-weekly basis while in programming to best support current needs and improvement of target behaviors and symptoms.

Parents are required to participate in the DBT Parents Group, which will be held 1x/month, and focused on key DBT skills to best support your teen.

Tentative Start:

September 2025

Thursday | 6:00-7:15pm

6060 Piedmont Row Dr. S, Ste 120 | Charlotte, NC 28287