

TEEN DBT SKILLS GROUP

IN THIS GROUP TEENS WILL:

- LEARN SPECIFIC DBT SKILLS IN 4 CORE AREAS: MINDFULNESS, INTERPERSONAL EFFECTIVENESS, EMOTION REGULATION AND DISTRESS TOLERANCE
- LEARN TO MANAGE INTENSE EMOTIONS AND SYMPTOMS OF ANXIETY & DEPRESSION
- LEARN ALTERNATIVES TO SELF-HARM & SELF-DESTRUCTIVE BEHAVIORS
- REDUCE IMPULSIVITY AND REACTIVITY TO STRESSORS
- EXPLORE AND IDENTIFY VALUES
- DEVELOP HEALTHY COMMUNICATION & BOUNDARIES WITHIN RELATIONSHIPS
- PROVIDE & RECEIVE SUPPORT FROM PEERS IN A FUN, SAFE, & SUPPORTIVE ENVIRONMENT

**NOW ENROLLING FOR OUR SESSION TUESDAYS @
7 PM WITH JULIA AND MCKENZIE @ OUR
LEAWOOD LOCATION!**

**TO ENROLL: EMAIL OR CALL
INFO@EMBARK-COUNSELING.COM**

(913)257-3161