

DBT Skills Training Group for Adolescents & their Primary Caregivers

The Dialectical Behaviour Therapy (DBT) Centre of Vancouver is pleased to announce a DBT skills group for adolescents (ages 13 -17) and their caregivers (i.e. parents, etc.) struggling with complex problems including:

- **recurrent suicide attempts and self-harm** (i.e. cutting)
- **eating related issues** (i.e. bulimia & binge-eating)
- **problems with impulsivity** (substance abuse or other reckless behaviours)
- **difficulty controlling intense emotions**



The Group teaches adolescents and their family members:

- **Mindfulness to improve awareness**
- **Validation to decrease emotional outbursts**
- **Distress tolerance to better handle stressful situations**
- **Emotion regulation to more effectively manage difficult emotions**
- **Interpersonal effectiveness to build healthier relationships**
- **Behavioural principles to promote adaptive coping**
- **Dialectics to meet each other half-way**

This group is not a substitute for individual therapy. Therefore, all adolescents are required to have a mental health provider (i.e. therapist, psychiatrist, etc.) they meet with at least once a month. Such services can also be accessed through our centre. The group is 26 weeks in duration and meets on Wednesdays from 4:30 to 6:00pm. The cost is \$65 per person per group.

Space is limited, so if you are interested in registering for the group, or wish to find out more, please contact us at:

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