

Adolescent Dialectical Behavior Therapy (DBT-A) Skills Group



Learn to use DBT to create “a life worth living.”

Our new multi-family DBT-A Skills Group for teens age 13-17 and their caregivers

Registration Open NOW Through Early June 2023

WHAT IS DIALECTICAL BEHAVIOR THERAPY (DBT) AND WHO IS IT FOR?

DBT is an effective treatment for teens who have difficulty controlling their emotions and behaviors. It aims to replace problem behaviors with skillful behaviors and helps people experience a range of emotions without necessarily acting on those emotions. Participation in DBT helps families develop a validating, change-ready environment that can support their teen's long-term progress

FACILITATORS



Elena Tuerk, Ph.D



Rebecca Plesko-DuBois, Ph.D

DBT-Adolescent skills training is broken up into 5 modules:

- 1**  **MINDFULNESS** is a practice aimed at increasing self-control, enhancing awareness of the present, and decreasing suffering. Mindfulness is taught at the beginning of each module.
- 2**  **DISTRESS TOLERANCE** helps you get through intense emotion, crisis situations, and accept long-term life circumstances we cannot change.
- 3**  **EMOTION REGULATION** helps you understand and alter emotions.
- 4**  **INTERPERSONAL EFFECTIVENESS** enhances effective communication and building relationships you want.
- 5**  **MIDDLE PATH** skills help parents and teens navigate relationships more effectively.

GROUP FORMAT

- DBT-A skills group is a 24-week commitment to complete all 5 modules.
- Each 2-hour session will be held at our ACES office in Crozet (Old Trail) Wednesdays 5:30 - 7:30PM

GROUP PARTICIPATION REQUIREMENTS

- Teens and their caregivers will undergo a pre-group assessment with Dr. Tuerk prior to their acceptance to the group to determine whether the skills group is a good fit at this time.
- All teens must have an individual therapist throughout their involvement in the group. *If your teen needs an individual therapist please ask when you call to inquire about the group, Dr. Tuerk is available to see a limited number of teens for individual DBT therapy in addition to the DBT-A skills group participation.*
- Both caregivers (if applicable) should plan to attend and participate in all 24 group sessions.

DATES/TIMES

DBT-A Groups: Wednesdays 5:30-7:30 PM
Rolling Admission

HOW TO REGISTER

Call the ACES team at (434) 466-1588

QUESTIONS?

To learn more go to our DBT-A Skills group website
<https://www.crozetaces.com/dbt-a/>

