



Fall 2024 Teen
**DIALECTICAL
BEHAVIOR
THERAPY (DBT)
GROUP**
For Neurodiverse
Teens

**Teens who qualify for
group are often those
who:**

- Teens with neurodiversity such as ASD and ADHD
- Have a diagnosis of depression
- Struggle changing negative thought patterns
- Managing strong emotions
- May have a history of suicidal thoughts or self harm behaviors

**Every Wednesday
Sept. 11th - Nov. 20th
4:30PM - 5:30PM**

**What is learned
in Group?**

- Mindfulness Skills
- Skills to manage stressful emotions
- “Walking the Middle Path”
- Handling strong emotions
- Relationship Skills

What is DBT?

DBT Group is a skills program for teens (age 13-17) who have difficulty regulating their mood and maintaining healthy relationships with their caregivers. Teens and caregivers learn skills to manage emotions, handle stressful situations and improve relationships. We have adapted the DBT model to work with neurodiverse individuals. The group requires **consistent** participation from at least one caregiver.

Enrollment

The cost is \$2000 for the full cost of group. This includes the parent and teen portions of the group. *Medicaid Accepted* Call 303-369-1777 x 0 for a brief phone intake and enrollment.