



**KIMEL
PSYCHOLOGICAL
SERVICES**

Fall 2024 Teen DIALECTICAL BEHAVIOR THERAPY (DBT) GROUP

Every Wednesday Sept. 11th - Nov. 20th
4:00PM - 5:30PM

Teens who qualify for group are often those who:

- Have a diagnosis of depression
- Struggle changing negative thought patterns
- Managing strong emotions
- May have a history of suicidal thoughts or self harm behaviors

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. The group requires **consistent** participation from at least one caregiver.

Enrollment

The group is \$200 a session for 10 weeks. This includes the parent and teen portions of the group. Call 303-369-1777 x 0 for a brief phone intake and enrollment.

kimelpsych.com