

Do you know an adolescent female, between the ages 13 and 17, that struggles with any of the following issues?

Impulsivity that may harm her

Regulating emotions

Self-harm behaviors (e.g., “cutting”)

Anger Management

Excessive Worrying

Substance Use

Relationship Issues

Eating disorders

Intense fear of abandonment

Chronic depression/anxiety

Past trauma

**Thursdays from
4:00PM-6:00PM**

**Classes will be held at
2020 Brown Street in
Anderson, Indiana 46016**

To make an appointment,

Call:

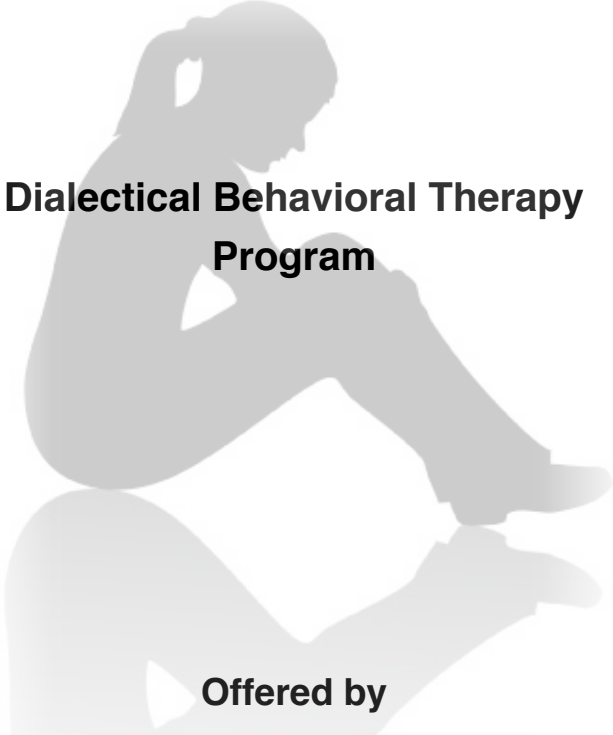
**1-866-264-2020 or
(765) 649-8161**

To facilitate a referral,

Call:

**Susan Blake at
(765) 649-8345**

Adolescent Coping Skills Group



**Dialectical Behavioral Therapy
Program**

Offered by



Course Outline

The course consist of 5 modules:

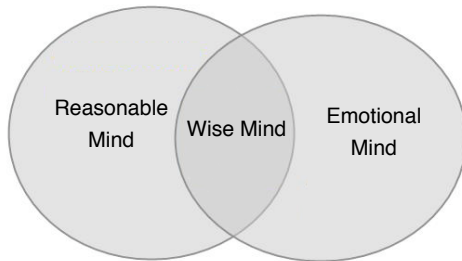
- **Core Mindfulness**
 - **Walking the Middle Path**
 - **Distress Tolerance**
 - **Emotional Regulation**
 - **Interpersonal Effectiveness**
-

Core Mindfulness Skills

Learn about...

- 3 states of mind
- “What” Skills
- “How” Skills

The 3 States of Mind



Walking the Middle Path

Learn about...

- Dialectics / dialectical dilemmas
- Validation
- Behaviorism

Distress Tolerance

Learn about...

- Goals and why bother?
 - Crisis survival skills
 - Distract with ACCEPTS
 - Self-soothe
 - Pros & Cons
 - Turning the mind / radical acceptance
 - Willfulness versus willingness
-

Emotion Regulation

Learn about...

- Goals and what good are emotions?
 - Model of emotions
 - HEAR ME
 - Cope ahead
 - VITALS
 - TIP
 - Increasing positive emotions
 - Acting opposite
 - The “wave” skill
-

Interpersonal Effectiveness

Learn about...

- Goals and what interferes
- Worry thoughts
- Cheerleading statements
- DEAR MAN
- GIVE
- FAST

FAQs

What is Dialectical Behavioral Therapy (DBT)?

Originally, the program was developed by Dr. Marsha Linehan for adults who were chronically suicidal and self-injurious. Not only was it extremely successful, it has evolved into an effective treatment option for other emotional regulation issues.

What are the potential benefits?

In this group, participants will learn how to...

- Be More Mindful
- Be More Balanced
- Tolerate Distress Better
- Regulate Emotions Better
- Manage Relationships Better