

New Group Forming Now!

Adolescent Guys DBT Groups



Dialectical Behavior Therapy (DBT) helps teens deal with strong feelings, manage life stressors, and improve their relationships with others. You will learn practical skills to help you through adolescence to adulthood.

These skills include:

- **Mindfulness:** Focusing your mind on the present moment, Centering yourself, & Gaining understanding of your emotions
- **Distress Tolerance:** Finding relief from intense, difficult emotions & Reducing impulsive behaviors
- **Emotion Regulation:** Learning to accept & tolerate emotions
- **Interpersonal Effectiveness:** Maintaining healthy relationships & Getting what you need from relationships

Required Parent Education Sessions

For information, call *Susan Myket, Ph.D. & Associates*

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