



who

Middle School aged adolescents (11-14) experiencing emotional dysregulation

when

Weekly on Wednesday nights from 6:30-7:45pm from April 3-June 19, 2024

where

1400 South Colorado Blvd Denver, CO 80222

cost

\$110/75 minute group session
payment for the 12 weeks is due in full on/before first session

A 50-minute intake session (\$185) must be scheduled prior to joining

registration

Contact Elise Brown, LPC
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774-823-0053

DBT Skills Creative Arts Group

For Middle Schoolers

Beginning April 3, 2024

Dialectical Behavioral Therapy (DBT) is an evidence-based treatment that helps individuals live more in the moment, better manage intense emotions, reduce impulsive behavior, and improve their relationships.

In this group, we discuss coping skills and strategies from the modules of DBT: mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and walking the middle path.

Creative techniques are used to explore and reinforce DBT concepts in a way that is accessible and beneficial for adolescents of all artistic skill levels.

Participants are often struggling with some level of anxiety and/or depression. This group is ideal for anyone who has difficulty managing intense or extreme emotions, makes impulsive decisions or reacts impulsively, engages in self-harm or self-destructive behaviors, or struggles with conflict at home or at school.

In addition to weekly email updates and guidance, this group offers a supportive space for parents of the participants the opportunity to connect with each other through parent workshops.

Elise has received formal training in DBT Skills specific to adolescents and families in order to bring valuable information to the whole family. She is passionate about DBT and its ability to effect change and personal growth. Elise has lead various DBT groups for adolescents and skills training for parents of teens. In her experience, DBT is most effective when everyone at home is practicing the skills, which is why there will be two opportunities for parents to meet to gain an understanding of the material their child is learning each week.

(303) 355-5133

www.cbtdenver.com

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