



DBT Skills Group for Adolescents

at Long Island Behavioral Medicine

631-656-0472

Ask for Jenny Hwang, PhD or
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Dialectical Behavioral Therapy (DBT) for Adolescents

Emotional and behavioral dysregulation can contribute to an adolescent's difficulties in establishing a sense of self and forming fulfilling, stable relationships with others. In addition, impulsive or avoidant behavior can be a consequence of emotional dysregulation or attempts to re-regulate. The DBT Skills Group is designed to teach skills that directly correspond to the 5 major problems that are associated with emotional dysregulation in adolescents.

Skills Training

DBT Skills Training is a weekly group focused on enhancing each client's capabilities by teaching behavioral skills.

Our DBT Skills Group is unique in that we offer clients the option to remain engaged in treatment with their current therapist if they desire, while attending our Multi-family Skills Group 1x/week.

Clients also have the option of participating in our Comprehensive DBT Program which includes our weekly DBT Skills Group as well as weekly individual therapy and phone coaching with the same therapists who facilitate the Skills Group.

The DBT Skills Group is comprised of 5 Modules

- **Mindfulness:** Increase self awareness and attentional control
- **Emotional Regulation:** increase positive emotions and reduce negative emotions.
- **Distress Tolerance:** reduce impulsivity and accept reality as it is.
- **Interpersonal Effectiveness:** improve and maintain peer and family relationships and build self respect.
- **Walking the Middle Path:** methods for reducing family conflict by teaching validation, behavior change principles, and dialectical thinking and acting.

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