



DBT SKILLS GROUPS FOR HIGH SCHOOL GIRLS

DBT High School Girls Group
Every Monday
8:00pm - 9:15pm



This is an on-going group. Participants can join at any time as space allows.

DBT coping skills modules:
Mindfulness, Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness, and Walking The Middle Path

\$50 per session includes all materials and workbooks

700 Old Roswell Lakes Parkway, Suite 130
Roswell, GA 30076



Coping & Confidence

Does your a teen experience moments of despair that sometimes is seemingly caused by small things? Maybe her emotional distress is leading to self-destructive behaviors? Modern teen-hood for girls is a very difficult time in life, one that needs a different tool set than we are used to. The rise in peer pressure, competitive conflicts, and unhealthy social media messages are all likely contributors to a national increase in anxiety, depression and low self-esteem in girls.

This group is designed to help teen girls to become all they are meant to be through an educational and experiential approach to improving decision-making, developing coping resources, managing stress, and increasing self-esteem.

Participants will learn coping strategies in a safe and supportive environment to help build a skill set to better manage the everyday challenges of being a teenager.

Contact Information:

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For More Detailed Information Visit:

www.KellyCounselingAndCoaching.com





Wondering If A DBT Skills Group Is Right For Your Teen?

- Does your teen sometimes feel "bad" or "upset" without knowing why?
- Does your teen seem as though they are on an emotional roller coaster, with little control over extreme emotions?
- Do your teen's emotions often get the best of them, leading them to do something they later regret?
- Does your teen tend to judge him/herself or make statements about disliking him/herself?
- Does your teen tend to dwell on the negative?
- Does your teen try to avoid feelings by shutting down?
- Does your teen engage in self-destructive behaviors (like self-harm)?
- Does your teen tend to ignore their own needs or happiness, but focus on making others happy?
- Do they tend to struggle socially - becoming friends with others who don't treat them fairly, or having very intense relationships quickly?
- Do they feel alone and/or misunderstood?
- Do they tend to worry excessively?
- Do they tend to struggle with standing up for themselves and being assertive?



Group Goals:

- Increase ability to make safe and healthy choices.
- Increase self-esteem, self-confidence, and the ability to know and accept oneself, be assertive, and overcome a variety of difficult situations
- Improve emotional regulation and reduce stress
- Gain mastery of effective coping strategies to address negative feelings.
- Address problems associated with low self-esteem, anxiety, depression, peer issues, and other problems.
- Tolerating the distress of school and day-to-day life.