



MINDFULNESS
INTERPERSONAL EFFECTIVENESS
EMOTIONAL REGULATION
DISTRESS TOLERANCE

TEEN GIRLS DBT WORKSHOP

Come one, come all! Please join us for the Teen Girls DBT Workshop. This is an 8-week workshop that will teach teen girls to:

- Deal with feelings that are overwhelming or uncomfortable
- To develop and/or persist in developing healthy relationships
- Recognize existing strengths and increasing self confidence
- Work towards becoming the best version of yourself

Please contact us for information on dates and times of our next scheduled group session. We hope to see you there.



Snacks will be provided

Don't be shy- bring a friend!

Workshops are tailored to needs of participants!

Work towards becoming your best self!

Try something new, learn something new

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Dialectical Behavioral Therapy (DBT) is an evidence-based treatment modality used to address emotional and behavioral dysregulation in teens and adults. Emotional and behavioral dysregulation often prevents teens from establishing a strong sense of self, building and/ or maintaining healthy relationships, and working towards goals that are of importance to teens.

The purpose of the Teen Girls DBT group is to assist teens in becoming the best version of themselves, through increasing their self-confidence, improving their decision-making capabilities, helping them manage stress, increasing their self-awareness, and reducing the experience of negative emotions. Teens will do all of this by practicing the five major parts of DBT.

Mindfulness skills will teach teens to be self-aware of their thoughts and feelings in any given moment. This will enable them to actively work towards reducing suffering to increase pleasure.

Distress Tolerance skills will teach teens to accept reality for what it is. This will reduce stress over things outside of the teens control and will reduce impulsivity.

Emotion Regulation skills will help teens learn to increase positive emotions and reduce negative ones.

Interpersonal Relation skills will help teens improve and maintain relationships with peers and family.

Walking the Middle Path skills will teach teens about the dialectic involved in thinking and behavior, will teach teens validation, and behavior change principles.

Teens will learn to apply skills through a didactic means, in which they can practice and apply skills to their everyday lives.

