



WYNNS family psychology
expert solutions for kids, teens & families



DBT Group for Teenagers



Is your teen struggling with managing his emotions? Is she often overwhelmed or easily upset? Has your teen expressed a sense of emptiness or confusion? Is there frequent family conflict? Is she struggling in her peer

relationships? **Dialectical Behavior Therapy (DBT) is an evidenced-based approach that helps teens learn how to cope with emotions in a healthy and productive manner.** DBT is especially helpful for teens diagnosed with anxiety or depression, or for kids struggling with self-harming behaviors such as cutting. Our ongoing DBT group is comprised of four different modules, each focusing on a specific skill. New members can join at the start of each module as space permits. Because this DBT group is primarily educational in nature, each member is required to concurrently participate in individual therapy at the provider of his choosing.

Through a series of activities, role-plays, videos, worksheets, experiential exercises, and homework activities, your teen will learn the following skills:

- **Mindfulness (Module 1)** - focusing the mind and thoughts, directing attention, understanding how you feel, and being present in the moment
- **Emotion Regulation (Module 2)** - how to reduce emotional intensity
- **Distress Tolerance (Module 3)** - how to reduce impulsivity, especially in moments of high emotional distress
- **Interpersonal Effectiveness (Module 4)** - how to form and maintain steady and healthy relationships, communicating personal needs, and getting needs met in a pro-social manner.

- When:** Each Module runs for 4 weeks. Participants can join at the beginning of any module and are then encouraged to attend all 4 modules (which repeat in an ongoing rotation)
Module 1: Mindfulness - Wednesdays from 5:30pm-7:00pm, Jan 17th – Feb 21ST
Module 2: Emotional Regulation – Wednesdays from 5:30pm-7:00pm, Feb 28th – Mar 21st
Module 3: Distress Tolerance – Wednesdays from 5:30pm-7:00pm Mar 28th – April 25TH (no group 4/14)
Module 4: Interpersonal Effectiveness – Wednesdays from 5:30pm-7:00pm, May 2nd – May 23rd
- Where:** **The Office of Wynns Family Psychology**; Cary location
130 Preston Executive Drive, Suite 202, Cary, NC 27513
- Leader:** **Dr. Sara Salter** plus co-leaders as needed to ensure a small leader to student ratio
- Ages:** Teens ages 13 – 17
- Fee:** \$215 for 60-minute consultation (required), then \$380 per module (4 group sessions). Receive a 20% discount when paying for all 4 modules (16 group sessions) in **advance**. (Most insurance plans will reimburse a percentage of these fees.) \$380 deposit required to reserve a spot. (Deposits and payments made in advance are non-refundable.) A small snack may sometimes be offered so **please let us know of any food allergies in advance**.
- Register:** Call 919-467-7777 or email Info@WynnsFamilyPsychology.com
Visit WynnsFamilyPsychology.com to learn more about the practice and the group leader.

Space is limited so call or email now to reserve your spot!

More Information from Wynns Family Psychology

- [Learn More About Dialectical Behavior Therapy](#)
- [See Our Full List of Group and Camp Services](#)
- [Learn More About Our Child and Teen Therapy Services](#)
- [Helpful Family and Parenting Article](#)