

DBT Group for Young Adolescents: Transforming destructive behaviors into positive outcomes



DBT Can Help Your Teen:

- **Regulate emotions** so they can respond instead of react to situations.
- Make **healthier decisions** in relationships with peers, providing more opportunities for stable friendships.
- **Communicate with parents** and others in a way that elicits support and understanding rather than conflict and other negative consequences.
- Replace avoidance behaviors such as self harm and substance use with **healthier coping mechanisms**.
- **Increase cognitive flexibility** to allow for greater compromise and collaboration in decision making.
- **Feel happier**, even when they are facing stress and conflict.

Want to know more about joining a DBT group at Houston Family Counseling? **Call, text, or email us** to talk about how we can help your child.

What is DBT?

Dialectical behavior therapy (DBT) is a skills based approach that provides teen clients with new ways to manage painful emotions and decrease conflict. DBT specifically focuses on providing therapeutic skills in four key areas: First, mindfulness improves a teen's ability to accept and be present in the current moment. Second, distress tolerance increases an adolescent's ability to tolerate negative emotion. Third, emotion regulation covers strategies to manage and change intense emotions that are causing problems. Fourth, interpersonal effectiveness improves communication with others in a way that strengthens healthy relationships.