



## DBT SKILLS GROUP

### FOR HIGH SCHOOL TEENS

#### What is DBT?

DBT stands for Dialectical Behavioral Therapy and it is an evidence based approach to therapy that provides concrete skills to help teens build awareness, handle distressing situations with healthy coping skills, manage extreme urges and emotions safely, and enhance relationships with others by communicating needs effectively.

#### How can my teen benefit from DBT?

DBT Skills group differs from a process group because it focuses on building effective skills on a weekly basis. DBT provides structure, weekly skills and review, and validation to support your teen in learning how to overcome obstacles successfully.

Groups occur in -person and after school at: 61 Davis Ave, Neptune NJ 07753

#### How to enroll your child:

Call 732-869-2784 today to make an intake appointment

We take most major insurances!



Hackensack  
Meridian Health

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