

*\*In-network with most major insurance companies!*



# Creative Teen DBT

*no artistic experience needed*



Dialectical behavior therapy (DBT) is an evidence based approach that has gained popularity in recent years due to its effectiveness and broad application. This group aims to integrate DBT techniques with creative approaches to help teens express themselves & mindfully cope with everyday stressors. Communication guides all relationships (including friendships, romantic relationships, family members, teammates, and more) and this group will help teens learn to communicate in an effective and genuine manner. This group will have a combination of teen and parent sessions to help families implement DBT skills & creative interventions in their own lives.



## Program Objectives:

- Increase effective communication
- Improve emotion regulation
- Use creativity as a coping skill
- Incorporate mindfulness into everyday life

## Registration

- 1) Contact us
- 2) Register as a new client
- 3) Schedule intake appointment
- 4) Register for the group
- 5) Meet in-person at Eatontown office

## Contact Us

 [wholeheartedhealingcollective.org](https://wholeheartedhealingcollective.org)  
 (732)852-7373

  
*wholehearted*  
HEALING COLLECTIVE



*creativity allows us to bring about order from chaos*