



Kitchener Psychology Centre is excited to launch a new group for TEENS

## DBT Based Skills Group

### ***What is a DBT Based Skills Group\*?***

A DBT-based Skills group aims to assist teens at-risk or currently experiencing mental health concerns. Teens and their caregivers attend the group together to learn skills to help with emotional and behavioural dysregulation. DBT skills support the development of interpersonal competence, self-regulation, and distress tolerance. The group will also address personal and environmental factors that interfere with skills development.

### ***Who is this group for?***

This skills group is designed for teens who experience *emotional* or *behavioural* dysregulation resulting in risky or maladaptive behaviours.

### ***How does this group run?***

The skills group will be run in four 6-week modules:

- Module 1:** Distress Tolerance
- Module 2:** Walking the Middle Path
- Module 3:** Emotional Regulation
- Module 4:** Interpersonal Effectiveness

Each session is *two hours long* and includes learning skills and discussing application of skills.

**Sessions will run weekly Wednesdays 6:00-8:00pm beginning on February 6, 2019.**

### ***What does this group cost?***

Each 2-hour session costs \$150 per family (sliding scale available). Sessions are run by registered psychologists and may be covered by extended insurance programs. Families are encouraged to check with their insurance companies for coverage details.

### ***Where do I get more information?***

For more information, please contact Kitchener Psychology Centre at 519-513-2441 or at [info@kitchenerpsych.com](mailto:info@kitchenerpsych.com). Interested families will be invited in for an appointment to ensure the group is a good fit and to provide more information about the group.

\*Please note that this is a skills group only – not a comprehensive DBT program.  
Teens may still benefit from attending individual therapy sessions during the course of the group.