DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS GROUP FOR TEENS!

DBT is an evidence-based approach that helps teens learn how to better cope with emotions in healthy & productive ways with less conflict.

Group members will learn to use the following skills:

- **Emotional Regulation:**
  Taking control of intense emotions; better managing behaviors & mood swings
- **Effective Communication:**
  Getting along better with others; balancing priorities with demands; maintaining self-respect
- **Mindfulness:**
  Learning self-awareness; attending to the here and now; staying calm in difficult situations
- **Crisis Management:**
  Managing any crisis without making things worse; using effective coping skills

**All teens must come to group sessions with an adult for support, but teens and adults will mostly meet in separate groups to learn DBT skills. Adults can be parents, guardians, grandparents, family members, mentors, or any adult who wants to support the teen.**

**WHERE**

UIUC Psychological Services Center
505 E. Green St.
3rd floor
Champaign, IL 61820

**SUPERVISORS**

Karen Aprill, LCPC
Elaine Shpungin, Ph.D.

**COST**

$0-$30 per week (sliding scale)

**CALL**

217-333-0041

www.psc.illinois.edu