

FAMILY

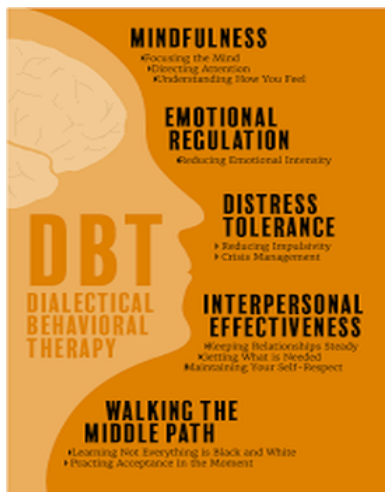
THERAPY ASSOCIATES, LLC

150 W. First Street, Suite 270, New Richmond, WI 54017

715-246-4840

www.ftacounseling.com

Dialectical Behavior Therapy Group for Teens



14 Weeks - Tuesday evenings - 5:00-6:00 pm

Ages: 13-17

Session II / October 16th, 2018 - January 29th, 2019

Treatment Focus:

- Develop skills to effectively regulate emotions
- Learn to tolerate distress
- Discover mindfulness techniques
- Develop skills in interpersonal communication
- Understand negative thinking patterns that escalate anger and lead to emotional overload
- Address issues related to self-injury and relationship damaging behavior
- Practice skills in self-care

Cost: Most insurance accepted. Discounted prepaid cash rate available.

Where: 150 W. First Street, Suite 270
New Richmond, WI 54017

****Please call 715-246-4840 to register****