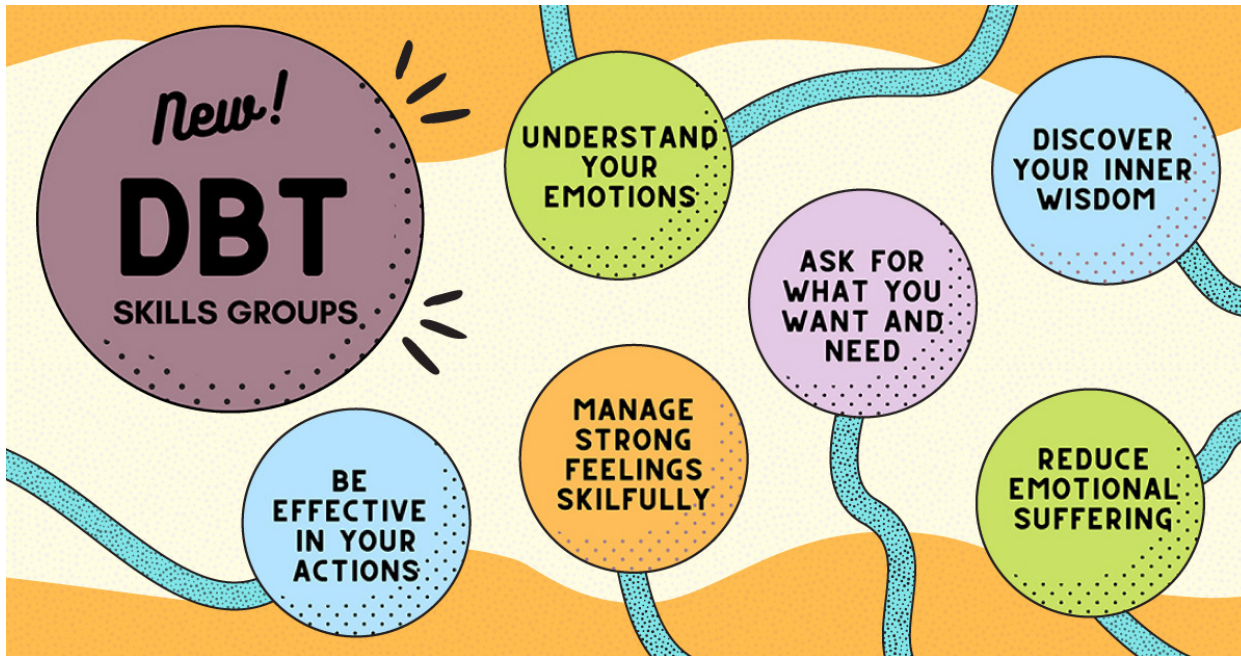


FAMILY THERAPY ASSOCIATES, LLC

1120 Oak Ridge Dr., Eau Claire, WI 54701

715-246-4840

Adolescent and Teen Dialectical Behavior Therapy (DBT) Group



Group Facilitators



Kylie Godfrey
MSW,
CAPSW



Leah Nightingale
MS, LPC-IT,
ATR-P

Treatment Focus:

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

Group Details:

Wednesdays beginning on July 20, 2022

Teen group from 4:00 pm - 5:00 pm

- Ages 14 - 17

Adolescent group from 5:00 pm - 6:00 pm

- Ages 10 - 13/14

Call to register

715-246-4840

Many insurances accepted;
cash options available