

# Teen Dialectical Behavioral Therapy (DBT) Group



**Who: Ages 14-18 (high school)\***

Must be an established client with Provider  
OR complete intake prior to group starting

\*Some parental involvement required

**Overview/Goal**

Dialectical behavior therapy tries to identify and change negative thinking patterns and pushes for positive behavioral changes. DBT may be used to treat suicidal and other self-destructive behaviors. This group will help teens and their support systems identify problematic behaviors and thought patterns and develop new, positive ones. It focuses on teaching skills in 5 key areas: Emotion Regulation, Distress Tolerance, Interpersonal Effectiveness, Mindfulness, and Walking the Middle Path.

**Where:**

**Credence Counseling Services LLC.**

2350 G Rd Suite #2  
Grand Junction, CO 81505  
(970) 985-8110  
credencereception@gmail.com

**When: 11.2.2022**

The group will meet Wednesday evenings from 5:30-6:30pm. The group will last for 15 weeks; ending February 22, 2023 with breaks for Thanksgiving and Christmas week

Visit our Website @:

[www.credencecounseling-colorado.com](http://www.credencecounseling-colorado.com)

**Group Facilitator:**

Amanda Cox, MA, LPC

**Co-Group Facilitator:**

Erin Olson, MA, LPCC

We accept the following insurances: Aetna, BCBS, Cigna, Medicaid, RMHP, UMR, United Health, Second Wind