



# Adolescent DBT Skills Training

*Lighthouse Behavioral Health Center is currently accepting referrals for adolescents ages 13-17 to participate in our DBT Skills Training Group.*

*To participate in the adolescent group, teens must have an outpatient therapist or Intensive In-home counselor who is DBT-informed and willing to coordinate with the group facilitators to ensure an integrated approach.*

Dialectical Behavioral Therapy (DBT) addresses and treats extreme emotional intensity. It is a combination between traditional cognitive behavioral therapy and eastern philosophy. That eastern philosophy is meditation, self-acceptance, and walking the middle path. It is blended with cognitive behavior therapy concepts, such as looking at how one's thinking impacts their emotional experience and their environment. It helps adolescents learn how to find balance between acceptance and maintaining a strong commitment to change.

The adolescent DBT skills group provides a platform for teens to learn and practice skills for mindfulness, emotion regulation, distress tolerance, walking the middle path, and interpersonal effectiveness. Each module is 6 weeks.

- ❖ Caretakers are included in one session per module to allow for natural supports to learn the skills alongside their teen and support the family unit with transitioning into a DBT mindset. Parents must be willing to attend all parenting sessions and assist the teen with employing the use of the skills into their daily life.
- ❖ We review the skills, practice them in each session, and give homework assignments to take back into the community - where the real work happens as they interact with peers, staff in their school environment, parents, and other family members.



*Helping you find the way to a healthier, happier you!*

We currently have two groups:  
Tuesdays 5pm- 6:15pm  
Wednesdays 5pm-6:15pm

Groups are face to face with COVID19 precautions  
8310 Midlothian Turnpike, N. Chesterfield, VA 23235.  
To submit a referral please call (804) 447-6382.