Learn skills to regulate emotions and behaviors, enhance mood, improve relationships and engage in effective problem solving and communication.
Teen DBT Skills Group

Who? High school age teens struggling with emotion regulation issues, past history of self injurious behavior and/or suicidal ideation. Participants must be seeing a regular outpatient therapist outside of group.

What? In this weekly group, teens will learn and practice DBT skills that they can use to regulate emotions and behaviors, enhance mood, improve relationships and engage in effective problem solving and communication.

When? Wednesdays, 5:00-6:30 pm. Families must commit to 8 weeks minimum.

Where? CHC, 650 Clark Way, Palo Alto

Why? DBT is an evidence-based treatment with skills that focus on mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance.

How? If you are already being seen at CHC, please ask your therapist about joining the group. If not, please have a parent call or email a CHC Clinical Services Coordinator at 650.688.3625 or careteam@chconline.org.

How much? $840 for 8 weeks of 1.5 hour sessions

Facilitated by Emily Sullivan, LMFT & Christine Pearston, Psy.D.