



# DBT Skills Groups

## Dialectical Behavior Therapy 12 Weeks

Available for teen girls, adults and families

Join with others to learn new ways  
to manage feelings & behaviors  
and enjoy more rewarding relationships

- **Mindfulness**

Develop awareness of your  
experience in order to choose your  
actions intentionally

- **Distress Tolerance**

Discover ways to cope with crisis and  
ongoing difficulties

- **Emotional Regulation**

Build strategies for de-escalating  
emotions such as anger, anxiety,  
sadness, and shame

- **Interpersonal Effectiveness**

Learn to make choices that are  
most effective for you and your  
environment



Institute for Girls' Development  
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626.585.8075

[InstituteForGirlsDevelopment.com](http://InstituteForGirlsDevelopment.com)

**To learn more or set up your personal pre-group  
meeting, contact 626.585.8075, ext. 108.**

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**institute for girls' development**  
A Psychological Corporation

## **ABOUT THE INSTITUTE FOR GIRLS' DEVELOPMENT**

Girls and women face incredible opportunities and challenges today.

Here at the Institute for Girls' Development, we are dedicated to empowering girls and women through:

- Self-discovery
- Embodied Living
- Hardiness Skills
- Growth Fostering Relationships

We offer caring, comprehensive, and innovative programs and services for girls, women, families, and circles of community.

### **PROGRAMS AND SERVICES**

- Individual therapy
- Family, Parenting & Couples Therapy
- Groups for Girls, Teens and Adults
- Parents Finding Solutions (including services for new moms)
- Psychological Assessment
- Summer Workshop Programs
- Community Education & Consultation
- Presentations & Trainings

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[www.InstituteForGirlsDevelopment.com](http://www.InstituteForGirlsDevelopment.com)  
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