



YOUNG WOMEN'S DBT PROGRAM

institute for *girls'* development[®]

Build a Life Worth Living

Individual DBT Therapy, DBT Skills Group, and Phone Coaching

Our Comprehensive Dialectical Behavior Therapy (DBT) program uses mindfulness and dialectical strategies to help young women change behaviors to create a life worth living.

DBT has been found to help individuals regulate big emotions, build strong relationships, increase motivation and focus, reduce behaviors that cause harm to oneself and others, gain the capacity to deal with crises, and live a more engaged life.

We provide individual DBT therapy, a weekly DBT skills group, and phone coaching as part of this comprehensive program. DBT is a research based, skills-oriented, highly structured model of therapy originally developed by Marsha Linehan at the University of Washington.

For more information, please contact us at 626-585-8075, ext. 108.

Empowering girls & women for life * InstituteForGirlsDevelopment.com