

DBT for Adolescents

What is DBT and How Can it Help Teens?

Dialectical Behavior Therapy (DBT) is a therapeutic approach in a group setting that combines cognitive-behavioral techniques with mindfulness practices to help individuals manage intense emotions, improve relationships, and develop coping skills.

Through techniques like mindfulness, emotion regulation, and interpersonal effectiveness, DBT can equip teens with tools to navigate challenges effectively, foster emotional well-being, make healthier decisions, and foster resilience.

What Can DBT Help?

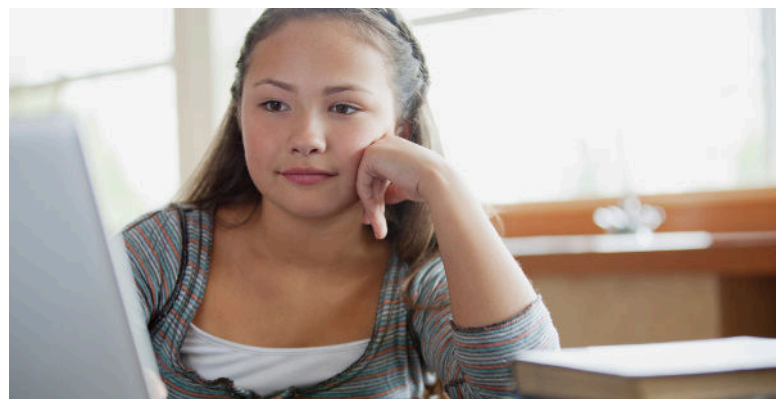
- Depression
- Anxiety
- Self-care concerns
- Emotion dysregulation
- Suicidal thoughts or self-harm
- Impulsivity
- Relationship issues
- Ineffective communication
- Trauma history
- Issues at home or at school

What is Different About DBT at MHS?

At MHS, our Adolescent DBT Program allows clients to keep their external individual therapists if they choose.

We work collaboratively with treatment teams by coordinating care with existing individual therapists to give clients the integrated care they deserve.

Don't have an individual therapist? MHS also has individual therapists for group clients.



Early Adolescent DBT:

- Ages 12-14
- Meets twice weekly (M/W or T/Th, 4:30-6pm)
- In-person or virtual (depending on location)
- Skills teaching, daily log, and skills application time
- Required parent/caregiver session on non-adolescent night (75 minutes; virtual only)

Adolescent DBT:

- Ages 14-18
- Meets twice weekly (M/W or T/Th, 4:30-6:30pm)
- In-person or virtual
- Skills teaching, diary card, and skills application time
- Optional monthly parent/caregiver education series (virtual)

Adolescent Waypoint - DBT for Mental Health and Substance Use:

- Ages 14-18
- Meets twice weekly (M/W, 4pm-6pm)
- Skills teaching, diary card, and skills application hour
- At this time, this program is only offered at our Plymouth location.



Dialectical Behavior Therapy (DBT)

What is DBT?

Dialectical Behavior Therapy (DBT) is a comprehensive and evidence-based psychotherapy.

DBT is structured as a skills-based, intensive outpatient program that integrates elements of cognitive-behavioral therapy (CBT) with concepts of mindfulness and acceptance.

DBT aims to empower individuals to better manage their emotions, tolerate distress, improve relationships, and ultimately lead more fulfilling lives.

What is Taught in DBT?

DBT consists of teaching and generalizing skill use in 4 main modules, each targeting different aspects of emotion regulation and interpersonal effectiveness:

- 1 Mindfulness: Helps stay focused on the present, managing emotional reactions and coping with challenges effectively.
- 2 Distress Tolerance: Provides tools to manage crises and intense emotions without worsening symptoms.
- 3 Emotion Regulation: Aims to build emotional resilience by recognizing patterns and creating healthy routines.
- 4 Interpersonal Effectiveness: Teaches skills to help improve quality of relationships by focusing on communication, boundary setting, and self-worth.

