DBT Skills Program

Dialectical Behavior Therapy Program

Available for teen girls, adults and families

- **Mindfulness**

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

- **Distress Tolerance**

  Discover ways to cope with crisis and ongoing difficulties in positive ways

- **Emotional Regulation**

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

- **Interpersonal Effectiveness**

  Learn to interact in ways that build satisfying and fulfilling relationships

Our DBT-trained therapists work as a team to help you and/or your family achieve the life you want.

The Institute's DBT Skills Training Programs include the following services for teens, adults & families:

- DBT Skills Training groups
- Individual and family DBT-informed psychotherapy
- Individualized DBT coaching for those who benefit from extra support

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

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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