



DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS GROUP FOR TEENAGERS

Facilitated by Dr. Laura Ruesjas-Lukasik, PsyD
Licensed Clinical Psychologist

The goal is to teach adolescents understand their emotions, give them skills to manage those emotions, and change behaviors in ways that will make their lives better

DBT is an evidence-based treatment proven effective in treating the emotional dysregulation and severe behavioral symptoms — self-harm and suicidal thoughts or attempts — seen in adolescents with diagnoses including depression, anxiety, eating disorders, bipolar disorder, borderline personality disorder, and ADHD.



DBT skills training consists of five modules:

- **Mindfulness skills:** Being present in the moment
- **Distress tolerance skills:** learning to control urges (self-harm, suicide thoughts, impulsive behavior), as they make difficult situations, even worse.
- **Walking the middle path skills:** Teenagers and parents learn how to validate one another, how to compromise and negotiate, and how to see the other person's side of things
- **Emotion regulation skills:** coping with difficult situations by building pleasant, self-soothing experiences to protect extreme emotions.
- **Interpersonal effectiveness skills:** practicing how to interact more effectively with peers and feeling more supported by others.

Number of Sessions: 15 sessions (13 for teenagers + 1 for teenagers & parents + 1 parents training).

Location: Huacao Minhang –within 5 min walking distance to SAS Puxi and BISS school campuses.

Tentative starting date/frequency: February 7 (or until group is consolidated), every Monday 6:30pm-8:00-pm

Number of participants: 6-10 (Ages: 14-18 years old)

Requirements: Participate in individual counseling with a professional. Commitment to participate in all 15 sessions; parents expected to attend 2 sessions.

Fee: please email for details

For questions and details please email: dr.lauraruesjas@kareconsulting.org