TEEN TELE-THERAPY DBT SKILLS GROUP

This teen tele-therapy group offers the opportunity for teens experiencing symptoms of depression, anxiety, eating/feeding or mood disorders to gain support, healthy coping skills, self-care strategies, connection and socialization with other teens. Through an engaging, creative, and structured dialectical behavioral therapy (DBT) approach, participants will learn mindfulness skills, chain analysis problem solving skills, “What” skills, “How” skills, and practice “loving kindness” and “nonjudgmentalness” skills.

Participants will also learn and practice safe and appropriate ways to cope with difficult thoughts, feelings, and circumstances, including those elicited by our current situation with Covid-19 and its’ impact on our lives.

GROUP SERVICE DETAILS - THURSDAYS

DURATION 6 Weekly Sessions
COST $55.00 per group session
START DATE April 2020 TBD based on referral patterns. Please email interest!
DAY / TIME Thursdays: 5PM – 6PM
FOR Adolescents, 13 to 19 years
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