

**Is your teen struggling with
intense emotions, relationship conflicts
with friends and family,
or suicidal or self-injurious behaviors?**

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If your teen struggles with:

- frequent mood swings
- problems with anger
- family/friend problems or conflicts
- impulsive behaviors
- recurrent suicidal or self-injurious behaviors

*...DBT may be the right treatment
for your adolescent.*

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Dialectical Behavior Therapy (DBT) includes:

- weekly individual therapy sessions
- weekly skills group for adolescents and their caregivers
- phone coaching between sessions

**The DBT skills group teaches adolescents and
their families ways to:**

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|----------------------------------------------------|----------------------------------------------------------------------------|
| • Manage emotions | • Control attention and understand how you feel |
| • Improve relationships | • Manage common parent/teenager conflicts in a balanced and respectful way |
| • Get through a crisis without making things worse | |

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**For more information, contact the Behavioral
Research and Therapy Clinics (BRTC) at:**

206-543-9270

www.depts.washington.edu/brtc