

Teen DBT Classes

for ages 13 – 17

(classes are also available for younger kids and for adults ages 18+)

Mindfulness & Distress Tolerance



Dialectical Behavior Therapy classes teach clients to be mindful and aware. Our next module is entitled "Mindfulness & Distress Tolerance." Clients will learn how to focus on the present moment with awareness, as well as to tolerate their distress effectively.

DBT is designed to increase one's ability to be assertive, tolerate distress and control undesired impulses. Clients learn cognitive-behavioral and mindfulness skills to better identify and manage their emotions. They then practice applying these skills to better tolerate difficult life events and improve their ability to interact effectively with other people. Classes and one-on-one therapy are both necessary parts of DBT therapy. For teenagers especially, research also shows that when parents and support people learn and model the use of DBT skills, it is effective in helping teens learn to use them.

These scientifically-verified DBT skills teach clients how to live in the present moment, manage their emotions and urges gracefully, cope with distress, and interact with others in a skillful manner.

In order to join a class, please schedule an initial intake interview with a Balance & Potential Inc therapist. Each participant must have an individual therapist, whether that therapist is at Balance & Potential or offsite.



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Please call for current class days and times and to request the days and times that work for you