



Virtual Group: Multifamily Dialectical Behavioral Therapy Skills (DBT)

Wednesdays: 3:30 - 5 pm

This program is for teens with high-risk and life-threatening behaviors and severe problems with emotional and behavioral instability needs.

WVURockefeller
NeuroscienceInstitute

DEPARTMENT OF BEHAVIORAL MEDICINE AND
PSYCHIATRY CHILD AND ADOLESCENT PSYCHIATRY

DBT has been found effective in treating a variety of conditions, including:

- Trauma/PTSD
- Mood disorders
 - ▶ Depression
 - ▶ Bipolar disorders
- Eating disorders
- Substance use
- ADHD

DBT increases skills in:

- Mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness
- Walking the middle path

Case Manager: Olivia Deville | 📞: 304-598-4214

Caregivers must commit to participate in all group sessions with their teens.