



## **Dialectical Behavioral Therapy (DBT) Skills Group**

### ***Discover Your Wise Mind!***

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The Behavioral Health Center at Day Kimball Healthcare is proud to announce the fall **Dialectical Behavioral Therapy (DBT)** skills group.

This is an evidence-based clinical intervention for adolescent girls who struggle with:

- extreme emotional reactivity
- unstable self-concept and relationships
- mood disorder
- self-injurious behaviors.

This ten-week group experience is skills-focused and designed for **adolescent girls ages 12-18** who are in need of developing specific skills to reduce intense “hot” emotions and confusion in their lives so that they can feel happier, live healthier, and be more successful.

If you know of someone who may be interested or would benefit from this evidence-based clinical intervention, please contact us so we can answer your questions and facilitate an intake assessment.

### ***When***

October 25, 2023 - January 3, 2024  
Weekly on Wednesday afternoons  
3:00 - 4:30 p.m.

### ***Where***

Day Kimball Hospital  
Community Services Building  
Behavioral Health Clinic  
320 Pomfret Street (Route 44)  
Putnam, CT 06260

### ***Program Benefits***

By learning and practicing the skills in each of these modules, group participants will learn how to:

- Develop greater self-awareness and genuine self-esteem.
- Interact more effectively with others and be able to form healthier relationships.
- Tolerate and regulate frustration and other distressing feelings.
- Break the self-destructive cycle of depression, anxiety, and extreme emotional reactivity.

### ***Sign Ups***

Please contact DKH Behavioral Health by phone (860) 963-6385 or fax referrals to (860) 963-6393 (**most insurances accepted**)