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

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.

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:

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

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

206-543-9270

www.depts.washington.edu/brtc