

Group Leader:

Theresa O'Halloran,
Ed.D., LIMHP, MAC

Dr. O'Halloran has more than 20 years of experience assisting teens and their families dealing with conflict, trauma, depression, anxiety and addictive behaviors. She uses EMDR, DBT, Clinical Hypnosis, Cognitive-behavioral therapy, and Mindfulness meditation training to assist clients to develop effective strategies for living more freely and fully.

Cost:

Group fee: \$50/session
Family session: \$135/session
(Insurance accepted)



Call or email for more
information or to schedule
an intake appointment
402-650-4013
theresa@atcnebraska.com

DBT for Teens Group

18-week Skill Building Experience

Thursday 5:30-7:00pm

Specially designed for
Teens (aged 13-18)
and their families
struggling with:

- Long-standing interpersonal difficulties
- Aggressive behavior toward others
- Self-harming or Suicidal thoughts/behaviors
- Difficulty managing emotions
- Shame and self-directed anger
- Helplessness and hopelessness

12822 Augusta Ave.
Omaha, NE 68144

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DBT for Teens Group includes:

- Family intake session
- Weekly skill-building sessions: Thursdays 5:30-7:00pm
- Collaboration with teen's individual therapist



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Skills training and practice in:

- Mindfulness
- Stress Management
- Feeling Management
- Relationship Skills
- Walking the Middle Path

DBT for Teens Group is modeled after Dialectical Behavior Therapy (DBT). DBT is a research supported model which teaches teens to understand their mental and emotional selves better, gain more control over their behavior, and thus experience increased confidence in dealing with feelings and relationships. Mindfulness (present moment awareness) is practiced throughout the group to increase self-awareness, self-acceptance and development of “wise mind” which incorporates both emotional and thinking mind.

