638 N 109th Plz  Omaha NE 68154  (402) 403-0190  FAX (402) 932-4121

**Teen DBT – Coping Skills Group**



**Mondays 4-530 PM**

For Teens (aged 13-19) struggling with:

Difficulty managing emotions Interpersonal problems

Suicidal thoughts/behavior Self-Harm

Impulsivity Anger and aggressive behavior

**Teen DBT Group** includes:

 Family Intake Session

 Weekly skill-building sessions: Mondays 4-530 PM

 Collaboration with teen’s individual therapist

**Skills training and practice** in: ***Mindfulness***

 ***Distress Tolerance***

 ***Emotion Regulation***

 ***Interpersonal Effectiveness***

**Cost:** Group fee: $70/session (actual copay will vary based on insurance plan)

 Family intake session: $250/session (most insurance plans accepted)

**Group Leader:** Teresa Lenzen, MA, LIMHP, NCC

Teresa has been a therapist since 2002 assisting teens and their families dealing with conflict, trauma, depression, anxiety, suicidality, and self-harm behaviors. She uses DBT therapy in this group to assist clients to develop effective strategies for overcoming many persistent difficulties and building satisfying, enjoyable lives.

**Call or email for more information or to schedule an intake appointment**

402-403-0190 ext 2 teresa@atcnebraska.com