

# **Emotional Adolescents Group**

*Dialectical Behavior Therapy-Informed Skills Training  
Offered by Kim Marohl, LPC*

For: Adolescents (ages 16-19) who could benefit from developing skills in the following four areas:

- Mindfulness: being aware and present in the moment in a nonjudgmental way
- Distress Tolerance: accept oneself and the situation
- Emotion Regulation: reduce emotional suffering and negativity, build positive experiences
- Interpersonal Effectiveness: relationship skills, assertiveness, and self-respect

Goals: To decrease the following behaviors:

- Feelings of chaos
- Intense, unstable mood swings
- Impulsivity
- Confusion about self and negative thinking patterns

When: The group will meet for 9 sessions on Wednesdays 4:30 – 6:00.

|             |             |
|-------------|-------------|
| November 3  | December 8  |
| November 10 | December 15 |
| November 17 | December 22 |
| November 24 | December 29 |
| December 1  |             |

Where: American Foundation Of Counseling Services  
130 E. Walnut Street, 7<sup>th</sup> Floor  
Phone 437-8256 to schedule an intake with Kim Marohl

*Some medical assistance and health insurance accepted.*

