



Winter 2021

## DBT Group for Tweens



Is your tween struggling with managing his emotions? Is he or she often overwhelmed or easily upset? Has your tween expressed a sense of emptiness or confusion? Is there frequent family conflict? Is he or she struggling in her peer relationships? **Dialectical Behavior Therapy (DBT) is an evidenced-based approach that helps tweens learn how to cope with emotions in a healthy and productive manner.** DBT is especially helpful for tweens diagnosed with anxiety or depression, or for kids struggling with self-harming behaviors such as cutting. Our ongoing DBT group is comprised of four different modules, each focusing on a specific skill. New members can join at the start of each module as space permits. Each member is required to concurrently participate in individual therapy at the provider of their choosing.

**Through a series of activities, role-plays, videos, worksheets, experiential exercises, and homework activities, your tween will learn the following skills:**

- **Mindfulness (Module 1)** - focusing the mind and thoughts, directing attention, understanding how you feel, and being present in the moment
- **Distress Tolerance (Module 2)** – how to reduce impulsivity, especially in moments of high emotional distress
- **Emotion Regulation (Module 3)** – how to reduce emotional intensity
- **Interpersonal Relationships (Module 4)** – how to form and maintain steady and healthy relationships, communicating personal needs, and getting needs met in a pro-social manner.



WYNNS FAMILY PSYCHOLOGY  
expert solutions for kids, teens & families



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**When:** Each Module runs for 4 weeks. Participants can join at the beginning of any module and are then encouraged to attend all 4 modules (which repeat in an ongoing rotation)  
**Wednesday's from 5:30pm-7:00pm**

**Module 1: Mindfulness** – January 6<sup>th</sup> – February 3<sup>rd</sup>, 2021 (Not meeting January 27<sup>th</sup> 2021)

**Module 2: Distress Tolerance** – February 10<sup>th</sup> – March 3<sup>rd</sup>, 2021

**Module 3: Emotional Regulation** – March 10<sup>th</sup>, – March 31<sup>st</sup>, 2021

**Module 4: Interpersonal Relationships** – April 7<sup>th</sup> – April 28<sup>th</sup> 2021

**Where:** The Office of Wynns Family Psychology/ Online  
Cary: 130 Preston Executive Drive, Suite 202, Cary, NC 27513

**Who:** Therapist Kaitlin Hanson; plus, co-leaders as needed, ensuring a small leader-to-student ratio

**Grades:** 6<sup>th</sup> -8<sup>th</sup>

**Fee:** \$155 for 60-minute consult (required) with Kaitlin Hanson  
\$400.00 per 4-week module (Required to be paid up front, non-refundable)  
20% discount for paying for all 4 modules in advance (\$1280.00, non-refundable, does not include consult)

**\*Please note, all deposits and advanced payments are non-refundable. Discounts are not combinable.\***

**Register:** Call 919-467-7777 or email [groups@wynnsfamilypsychology.com](mailto:groups@wynnsfamilypsychology.com). Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) to learn more about the practice and the group leaders.

Space is Limited So Call or [Email Now](#) to schedule your consultation!