



### Who is this group therapy for?

- Adolescents struggling with self-harming behaviors and suicidal ideation

### When are sessions held?

- Contact the office for specific days/times
- Weekly for 6-8 weeks

### What does this group therapy do?

- Increases self-awareness
- Teaches DBT skills through discussion and worksheets
- Helps identify triggers for unwanted behaviors
- Topics include:
  - problem-solving skills
  - coping skills
  - relaxation techniques
  - releasing anger
  - maintaining positive change

### What else do I need to know?

- Each client will need to have an individual meeting to determine appropriateness for the group.
- Facilitated by **Kendra O'Connor, LCSW, LCAC**, an experienced Licensed Therapist with mood disorders, addiction, trauma, grief, and loss

### Do you have questions?

For more information about insurance and fees,  
or for questions about DBT and the group therapy process,  
call us at 260-486-5251.

