Dialectical Behavior Therapy (DBT) is designed for both adults and adolescents to learn better ways of regulating and managing emotions. This is accomplished by helping clients learn to balance change with acceptance. It has been found to be especially effective in working with adolescents as this is a stage of life when managing emotions can be especially difficult. The DBT Skills Clinic is designed to help teens or adolescents who struggle with issues of depression, self-esteem, anxiety, self-harm, anger or other forms of emotional distress.

**Held Mondays from 5:30-7:30 p.m. at our Evanston location (618 Library Place),** The Family Institute’s DBT Skills Clinic for Adolescents and their Families teaches these skills. Group participants learn to be more effective and skillful in dealing with their relationships and coping with their life problems.

This 16-week course is a skills-building class rather than a traditional therapy group, and focuses on the following skillsets:

- **Mindfulness.** Focusing your mind on the present moment, centering yourself and gaining understanding of your emotions
- **Distress Tolerance.** Finding relief from intense, difficult emotions and reducing impulsive behaviors
- **Emotional Regulation.** Learning to accept and change emotions
- **Interpersonal Effectiveness.** Maintaining healthy relationships and getting what you need from relationships
- **Walking the Middle Path.** Creating cognitive flexibility

For more information or to register for DBT Skills Clinic for Adolescents and their Families, call Sydnie Dobkin, MA, LPC, at 847-733-4300, ext. 617 or email sdobkin@family-institute.org.

*The Family Institute at Northwestern University is committed to strengthening and healing families and individuals from all walks of life through clinical service, education and research.*

**THE FAMILY INSTITUTE**

at Northwestern University

847-733-4300 | [www.family-institute.org](http://www.family-institute.org)
WHAT TO EXPECT

- Interested participants will have an intake assessment to determine if the clinic is the right fit. There is a $195 nonrefundable charge at the time of assessment.
- Each session is two-hours long with a ten-minute break. There will be assignments to practice skills each week.
- Each family pays $130 per weekly session. Blue Cross Blue Shield benefits are available.

PARTICIPANT REQUIREMENTS

- Participant must attend willingly.
- The DBT Skills Clinic is open to adolescents ages 13-18. Each adolescent must be accompanied by at least one (but no more than two) caregiver who is committed to attending all 16 sessions. Both parties should plan on participating fully in the sessions and completing all homework assignments.
- Plan to attend all sessions. Families may not miss more than four sessions of the 24. Please note that families will be expected to pay for all 24 sessions, including any missed or excused absences.
- Because the DBT Skills Clinic is primarily educational, participants are required to be in individual therapy as a condition of group membership. Please bring the contact information for the individual therapist and medical prescriber (if relevant) with you at the assessment.

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