



IN PERSON TEEN DBT GROUP

THURSDAYS • 6:30-8:00 PM • RESTON

CLARITY COUNSELING IS OFFERING A
24-WEEK, EVIDENCE-BASED,
STRUCTURED DIALECTICAL BEHAVIOR
THERAPY (DBT) GROUP FOR TEENS. THE
GROUP IS OPEN TO TEENS AGES 14-18



MINDFULNESS



INTERPERSONAL
EFFECTIVENESS



EMOTION
REGULATION



DISTRESS
TOLERANCE

TO ENROLL OR FOR QUESTIONS, EMAIL
CLARITYCOUNSELINGVA@GMAIL.COM



RESTON TEEN DBT GROUP

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MODULE	ENTRY POINT	END OF MODULE	OFF DAY	PARENT SESSION
DISTRESS TOLERANCE	August 20th	September 24th	October 1st	August 19 th
MINDFULNESS	October 8th	November 12th	November 19th & November 26th	October 7 th
INTERPERSONAL EFFECTIVENESS	December 3rd	January 21st	December 24 th & December 31st	November 30 th
EMOTION REGULATION	January 28 th	March 4 th	March 11 th	January 27 th



CLARITY