



## Teen DBT – Coping Skills Group



### **Mondays 4-530 PM**

For **Teens (aged 13-19)** struggling with:

Difficulty managing emotions  
Suicidal thoughts/behavior  
Impulsivity

Interpersonal problems  
Self-Harm  
Anger and aggressive behavior

**Teen DBT Group** includes:

Family Intake Session  
Weekly skill-building sessions: Mondays 4-530 PM  
Collaboration with teen's individual therapist

**Skills training and practice** in: *Mindfulness*  
*Distress Tolerance*  
*Emotion Regulation*  
*Interpersonal Effectiveness*

**Cost:** Group fee: \$50/session  
Family intake session: \$135/session (Most insurance plans accepted)

**Group Leader:** [Teresa Lenzen, MA, LIMHP, NCC](#)

Teresa has more than 12 years of experience assisting teens and their families dealing with conflict, trauma, depression, anxiety, suicidality, and self-harm behaviors. She uses DBT, EMDR, and CBT to assist clients to develop effective strategies for overcoming many persistent difficulties and building satisfying, enjoyable lives.

**Call or email for more information or to schedule an intake appointment**  
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