

ADOLESCENT COPING SKILLS SERVICES

Do you know an adolescent female, between the ages 13 and 17, that struggles with any of the following issues?

- Impulsivity That May Harm Her
- Regulating Emotions
- Selfharm Behaviors (e.g., “cutting”)
- Anger Management
- Excessive Worrying
- Substance Use
- Relationship Issues
- Eating Disorders
- Intense Fear of Abandonment
- Chronic Depression/Anxiety
- Past Trauma

Distress Tolerance

Learn about:

- Goals and Why Bother?
- Crisis Survival Skills
- Distract with ACCEPTS
- Selfsoothe
- Pros & Cons
- Turning the Mind / Radical Acceptance
- Willfulness Versus Willingness

Emotion Regulation

Learn about:

- Goals and What Good are Emotions?
- Model of Emotions
- HEAR ME
- Cope Ahead
- VITALS
- TIP
- Increasing Positive Emotions
- Acting Opposite
- The “Wave” Skill

Interpersonal Effectiveness

Learn about:

- Goals and What Interferes
- Worry Thoughts
- Cheerleading Statements
- DEAR MAN
- GIVE
- FAST

What is Dialectical Behavioral Therapy (DBT)?

Originally, the program was developed by Dr. Marsha Linehan for adults who were chronically suicidal and self-injurious. Not only was it extremely successful, it has evolved into an effective treatment option for other emotional regulation issues.

What are the potential benefits?

In this group, participants will learn how to:

- Be More Mindful
- Be More Balanced
- Tolerate Distress Better
- Regulate Emotions Better
- Manage Relationships Better

Course Outline

The course consists of five modules:

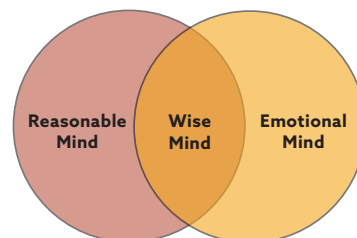
- Core Mindfulness
- Walking the Middle Path
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness

Core Mindfulness Skills

Learn about:

- Three States of Mind
- “What” Skills
- “How” Skills

The Three States of Mind



Learn About Walking the Middle Path:

- Dialectics / Dialectical Dilemmas
- Validation
- Behaviorism



Classes are held on Thursdays from 4:00PM to 6:00PM at 2020 Brown Street in Anderson, Indiana, 46016.

Appointments...1-877-574-1254

24/7 Crisis1-800-560-4038

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Wouldn't it be reassuring to know that your health providers communicate with each other so they can provide a high degree of healthcare? Mental health impacts our physical health and vice versa, and because health is integrated, your provider should be too.