

Adolescent DBT Program at the NYU Child Study Center

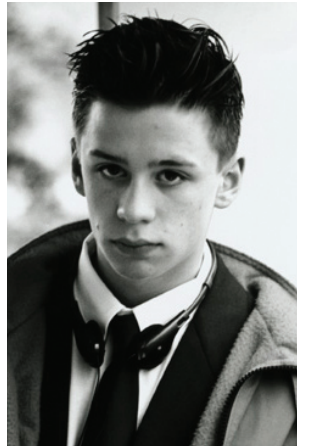
What is Dialectical Behavior Therapy (DBT)?

- DBT is a comprehensive treatment integrating principles of cognitive behavior therapy and aspects of Zen practice
- DBT is designed to treat individuals with difficulty regulating emotions and behaviors
- DBT aims to replace problem behaviors with more adaptive ways of coping with distress



What are the signs of the multi-problem teen?

- difficulty regulating emotions (frequent mood changes)
- difficulty managing or expressing anger
- suicidal thoughts or attempts
- impulsive behaviors (e.g., self-injury, purging, substance use, truancy)
- chaotic relationships with peers and adults
- doesn't seem to know where he or she "fits in"
- family conflict



Our Adolescent DBT program includes:

- Weekly individual therapy
- Multifamily Skills Group (didactic, parents and teens attend)
- Phone coaching (therapist is available to coach teens over the phone during stressful situations in between sessions)



For our next start date or for more information about the program, please contact Valentina Pavlotsky at 212 263 8613.