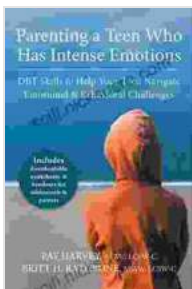


# DBT Skills: A Comprehensive Guide to Help Your Teen Navigate Emotional and Behavioral Challenges

Dialectical Behavior Therapy (DBT) is a highly effective treatment approach for teens struggling with emotional and behavioral regulation. DBT skills can help teens manage their emotions, improve relationships, and build resilience. This article provides a comprehensive guide to DBT skills, including mindfulness, interpersonal effectiveness, distress tolerance, and emotional regulation. We will discuss how each skill works and how it can benefit teens.



## Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges by Pat Harvey

★★★★☆ 4.6 out of 5

Language : English  
File size : 1576 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 247 pages



## DBT Skills for Teens

DBT skills are divided into four modules:

1. **Mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. It can help teens learn to observe their emotions and thoughts without getting overwhelmed.
2. **Interpersonal effectiveness:** Interpersonal effectiveness skills help teens communicate their needs and wants in a healthy way. They can also learn how to resolve conflicts peacefully.
3. **Distress tolerance:** Distress tolerance skills help teens manage strong emotions and difficult situations without engaging in self-harming behaviors. They can learn how to tolerate distress and find healthy ways to cope.
4. **Emotional regulation:** Emotional regulation skills help teens understand and manage their emotions. They can learn how to identify their emotions, understand the triggers that cause them, and develop strategies for regulating their emotions in a healthy way.

## **Benefits of DBT for Teens**

DBT has been shown to be effective in treating a variety of mental health issues in teens, including:

- Borderline personality disorder
- Depression
- Anxiety
- Eating disorders
- Substance abuse

DBT can help teens:

- Manage their emotions
- Improve relationships
- Build resilience
- Reduce self-harming behaviors
- Increase self-esteem

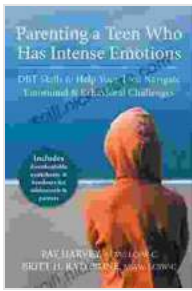
## **How to Find a DBT Therapist**

If you are interested in finding a DBT therapist for your teen, there are a few things you can do:

1. **Ask for a referral from your teen's doctor or mental health professional.**
2. **Search for DBT therapists in your area using an online directory.**
3. **Contact a DBT clinic or training center.**

When choosing a DBT therapist, it is important to find someone who is trained and experienced in working with teens. You should also feel comfortable with the therapist and trust that they can provide your teen with the support and guidance they need.

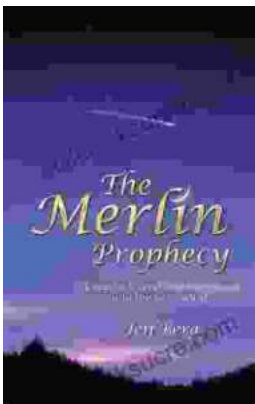
DBT is a valuable treatment approach that can help teens manage their emotional and behavioral challenges. DBT skills can help teens learn how to regulate their emotions, improve relationships, and build resilience. If you are struggling with a teen who is struggling with emotional or behavioral issues, consider seeking out DBT therapy.



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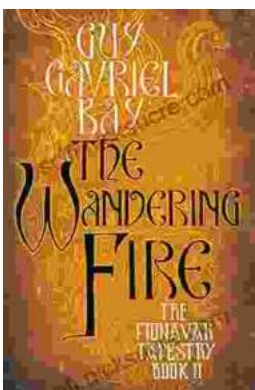
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