

Tug of War Adolescent DBT

Do you feel like your emotions just take over? Does it seem like you go from one extreme to the other? Is it hard to keep friendships and relationships? If so, you may feel like you are tied up in knots. You can use your **M.I.N.D.** to get untangled by attending an informal Dialectical Behavior Therapy (DBT) group focused on developing skills of:

Mindfulness

Interpersonal skills

Not freaking out (emotional regulation), and

Distress Tolerance

Goals: Learn how to get a grip, be more in control of your emotions and DO life instead of letting life happen to you.

When: Wednesdays, 4:00 pm – 5:30 pm

Where: Dublin office

299 Cramer Creek Ct. • Dublin, OH 43017

Registration:

- **NEW** to Syntero? An assessment will need to be completed, contact Intake
- **EXISTING** Syntero client? Discuss with your current therapist. A group referral will be made to Jenn Henefeld, who will contact you with additional info.
- Payment may be sliding fee, insurance, Medicaid or self-pay. Check with your provider for coverage information



Syntero
Care • Counsel • Support

SYNTERO LOCATIONS:

Dublin: 299 Cramer Creek Ct. • Dublin, OH 43017

Mill Run: 3645 Ridge Mill Dr. • Columbus, OH 43026

Lewis Center: 7100 Graphics Way, Ste. 3100 • Lewis Center, OH 43035

Northeast: 3433 Agler Rd., Ste. 2000 • Columbus, OH 43219

Syntero Intake Department: 614-889-5722 ext. 133

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