

# RO DBT GROUP FOR TEENS



**We are pleased to offer a skills-based group for adolescents experiencing difficulties with excessive self-control to help them relax rigid or inflexible control, learn to be playful, and decrease emotional loneliness.**

Start Date: September 22, 2022

Time: Thursdays 4:30 - 6:00 PM

Location: Virtual

Cost: \$80 or BCBS Insurance

Facilitator: Amy Graham, MA, TLLP



Radically Open Dialectical Behavioral Therapy is an evidence-based treatment for adolescents who tend to be serious about life, set high personal standards, and have perfectionistic tendencies; yet inwardly may struggle with knowing how to join in with others or establish close bonds.

Diagnoses of over control include: refractory depression, anorexia nervosa, treatment-resistant anxiety disorders, autistic spectrum disorders, and other internalizing disorders.

**To register please visit [www.malafamily.org](http://www.malafamily.org)  
or call (734)335-0330.**