

## Does DBT really work?

There's great evidence that DBT helps young people and their families. Our facilitators are trained and experienced in the DBT model and committed to supporting you.

**“It has brought my teen and I together with a common goal to make our life better.”**

**- DBTeen Participant**

## How do I join DBTeen?

Anyone can refer you to DBTeen. Yourself, your parent or caregiver, your school psychologist, GP or therapist. Scan this QR code to view our website and access the DBTeen referral form.



## Contact our DBTeen Team

### Email


[dbteen@lifelinewa.org.au](mailto:dbteen@lifelinewa.org.au)

### Phone

(08) 9261 4402

## For 24/7 Crisis Support:

 **Call**  
13 11 14

 **Text**  
0477 13 11 14

 **Chat online**  
[lifeline.org.au/crisis-chat](https://lifeline.org.au/crisis-chat)

Follow us @Lifeline\_WA



# DBTeen

Emotional Wellbeing Skills Group  
for Young People and Families



## What is DBTeen?

DBTeen is designed to help people change unhelpful thinking and behaviour while accepting who they are. It helps you learn to manage your emotions by teaching you how to recognise, experience and accept them. DBT can help you understand yourself, so you are more likely to change any harmful behaviour.

The program is an adaptation of Dialectical Behaviour Therapy (DBT) and is delivered in 12 weekly skills learning, multi-family groups which include:

- Group discussions
- Comprehensive workbook for each participant
- Hands on activities
- Practice homework.



## FAQs

### Who is it for?

Young people aged 14 – 18 experiencing emotions and behaviours they feel unable to regulate and that interfere significantly with their lives, like self-harm, maintaining friendships, attending school, or getting along with family members.

### Does the Young Person attend on their own?

No. One adult who lives with the young person, such as a parent or guardian participate too – learning the skills alongside their young person providing mentorship with a common language. The young person and their adult must attend the 12-week program for 3 hours a week together.

### Is this like therapy?

No. You won't be asked to share your story - this is about learning new skills.

### How much does it cost?

DBTeen is free!

## What happens in DBTeen

DBTeen is designed to help you learn, and put into practice, skills which will assist you to respond to things that are impacting you.

### GROUP DBT SKILLS SESSION:

The weekly 3 hour sessions run for 12 weeks. Each session consists of learning a new skill or two and a review of those skills being put into practice. Everyone has some homework to do, including the adults. Snacks and a light meal are included.

The 12 weeks are made up of two halves with no group sessions run during school holidays.

### CHECK-INS:

Our facilitators will contact you once a week to see how you are going with the program and talk about any obstacles, especially if you're experiencing challenges with commitment.

### PHONE COACHING:

You can call the Phone Coach if you are having difficulties with a particular skill or need some extra guidance.

## At DBTeen you will learn...

### MINDFULNESS:

Mindfulness helps develop awareness of what is happening inside and around you in the present moment, without having to react.

### DISTRESS TOLERANCE:

These skills help you cope with distressing situations and painful emotions.

### WALKING THE MIDDLE PATH:

These skills target common dilemmas faced by people affected by emotional dysregulation.

### EMOTION REGULATION:

Emotion regulation skills can help people to develop awareness of their emotional experience and reduce the frequency and intensity of painful emotions.

### INTERPERSONAL EFFECTIVENESS:

This can help you to communicate in a way that means your needs and wants are more likely to be met.

