

DBT Skills Youth Group

Dialect Behavioral Therapy

For ages 17 and Under

Monday's from 5:00 pm - 6:00 pm
at The Counseling Center

Facilitated by Nathaniel Lukas Redekopp, PhD, LPCC, C-DBT, CPDT-KA

This group is a supportive place to learn and practice more effective ways to cope with your feelings and thoughts!

DBT (Dialectical Behavioral Therapy) skills are practical techniques that help with communication, managing feelings, tolerating distress, and using mindfulness in everyday life. Group participants are diverse people who want help with managing mental health conditions like: substance use, depression, anxiety, eating disorders, Post-traumatic stress disorder (PTSD), self-harm, suicidal thoughts, and Borderline personality disorder (BPD).

**DBT Skills Group at TCC is not associated with a full DBT program, therefore options for individual therapy or crisis intervention session are not automatically offered as connected with group participation.

However, TCC front desk can help you schedule individual therapy or assist individuals during regular business hours**

To request to join this group, please email
nlredkopp@tcc-nm.org or call (575) 488-2500.
A preliminary screening session may be required if there is no referral from a TCC therapist.

