

RO-DBT For Teen Girls

THURSDAYS 6:00pm TO 7:00pm



**BUILD A LIFE
WORTH SHARING!**

Facilitated By
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*Check the website for
upcoming dates including
more information on other
available workshops at

Communication & Connection

Have you ever experienced overwhelming emotions that were hard to manage? Do you long to belong but cannot fully connect with others in a way that makes you feel included in an authentic way? Many teen girls often feel like they are not as good as their peers or that they don't belong. They might think that their emotions are somehow wrong, and they must hide them in order to fit in. But with RO-DBT, teens can learn skills to regulate their emotions and improve their relationships with others. It also helps them to relax and enjoy themselves when hanging out with friends. RO-DBT teaches teens how to make positive changes and bring joy back in their life!

Location and Website:

700 Old Roswell Lakes Parkway, Suite 130
Roswell, GA 30004

www.TheCenterForTeenAndFamilyTherapy.com



What is RO-DBT?

Do you consider yourself someone who values following rules, maintaining self-control, and striving for perfection? If you find that you often struggle to connect with others and keeping your emotions in check, Radically Open Dialectical Behavior Therapy (RO-DBT) can provide valuable insights and techniques to improve your social interactions and overall well-being.

RO-DBT can be particularly beneficial for individuals with an overcontrolled style of coping such as OCD, anxiety, chronic depression, ADHD, and eating disorders. It can help them break free from emotional loneliness, social isolation, and form deeper connections with others.

The core principle of RO-DBT is radical openness, which means being open, flexible, open-minded, and able to form meaningful social connections. When we embrace a radically open mindset, we become better at building relationships because we're open to learning from others and understanding them better.

RO-DBT encourages us to be actively open to all aspects of our lives, even the uncomfortable ones, because it allows for personal growth and development. With RO-DBT, the goal is to join a community and establish connections with others to build a life that's worth sharing!

Benefits of RO-DBT:

- increased openness to experiencing new things and ways of thinking
- greater expressiveness of feelings of one's inner state
- better ability to connect with and relate to and with others
- more willingness to change how one thinks and responds
- better ability to regulate emotions
- improved well-being and quality of life

