



# Building Emotional Competence

## *Skills Groups for Adolescents*

### Overview

The purpose of this psychoeducational skills group is to teach adolescents social and emotional life skills in a safe, supportive, and creative environment.

In this group, participants will develop their own toolbox of practical, effective, and research-based strategies to help them:

- Regulate emotions & cope with stress
- Become more self-aware
- Reduce impulsive behaviors
- Solve problems & make healthy decisions
- Build & improve interpersonal relationships
- Enhance their daily lives

### Who is This Group For?

The skills taught in this group will be of benefit to all adolescents, who today face numerous social, developmental, and academic pressures. Stressful life events and emotional struggles are common in adolescence and many teens need help learning how to successfully navigate the challenges this stage of life presents.

ALL adolescents are welcome to participate. In particular, those who struggle with social and/or academic stress, symptoms of anxiety and depression, self-esteem challenges, family conflict, and/or mild to moderate behavior problems are ideal candidates for this group. Teens with more severe issues (such as, risk-taking, suicidal, and/or self-harm behaviors) will benefit, but may also be required to have an individual therapist to ensure an appropriate level of support.

### What is a typical session like?

The Social and Emotional Learning (SEL) curriculum taught in this group will be based on the *Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)* program (Mazza, 2016).

Interactive sessions will consist of mindfulness exercises, homework review, and the presentation of new skills. Experiential learning methods such as use of media, role-plays, expressive art, and/or games may also be employed to teach, practice, and generalize new skills.

ABOUT OUR GROUP LEADER—  
GREER EZRINE, PH.D., NCSP

I am a licensed psychologist in Georgia and a nationally certified school psychologist. I have specialized training in both education and psychology. I have a Masters in Education from Harvard University and a PhD in School Psychology from Georgia State University, where I also teach a graduate level course on Social & Emotional Learning (SEL) interventions.

I enjoy helping young people develop self-regulation, social-emotional coping, and communication skills to promote emotional health and interpersonal success. The psychoeducational skills groups I provide are informed by principles and techniques of Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT).

I welcome you to visit my website to learn more about me and my services - [dreambigcld.com](http://dreambigcld.com)



## What skills are taught?

**Emotion Regulation** skills help teens to understand how their emotions “work” and how to better manage them. Participants will learn how to recognize and name emotions, decrease unpleasant emotions, and increase positive emotions.

**Mindfulness** skills help teens to increase their self-awareness and self-control. Participants will learn skills to become less judgmental of themselves and others and to gain better control of their attention.

**Distress Tolerance** skills help teens reduce impulsive, emotion-based behaviors. Participants will learn how to cope with distress “in the moment” so that they do not act impulsively and make the situation worse.

**Interpersonal Effectiveness** skills help teens to build and maintain long-term relationships. Participants will learn how to effectively communicate their wants and needs, while maintaining positive relationships and self-respect.

## Details, Costs, & Commitment

This is a 16-week co-ed group (4 weeks per skill module). An initial screening interview (\$125), materials fee (\$25 per 8-week series) and an 8-week minimum commitment (\$85 per session) are required of all participants. A discount of \$160 is available to families who pre-pay for all 16 sessions (fee reduced to \$75 per session). Payments can be made by cash, check, or credit card.

Groups will be formed by age, with a maximum of 8 participants. Start date and exact schedule will be determined based upon the needs of participants. If space becomes available, new members may be admitted at any time.

Sessions will be 90 minutes in duration and held from 5:30-7:00 pm on Tuesdays, Wednesdays, or Thursdays at 11805 Northfall Lane, Suite 803, Alpharetta, 30009.

**Please call [404-702-2524](tel:404-702-2524) or email [drgreerezrine@icloud.com](mailto:drgreerezrine@icloud.com) to schedule a screening appointment!**