Adolescent DBT Counseling

What is DBT?

- Teaches client skills to help regulate emotions, improve relationships, and prevent self-destructive behavior.
- Used largely for borderline personality disorder, eating disorders, and substance abuse.
- Can be used in a variety of settings, specifically children and adolescence.

Aurora Mental Health Center
303-617-2300
https://www.auroramhr.org
- Locations throughout Aurora
- Must be a client with Aurora Mental Health Center
- Call number above to schedule an intake and inquire about group availability

Ben Digati, LPCC
720-699-8353
2150 W. 29th Avenue #310, Denver, CO 80211
https://www.bendigati.com/
- Offer two DBT groups for adolescents, one for ages 15-18 years and another for 18-26 years
- Also offers parent support workshops.

Cherry Creek Psychotherapy
303-909-9054
1325 S Colorado Blvd, Suite B-108, Denver, CO 80222
https://cherrycreekpsychotherapy.com/
- Group therapy programs for adolescents, ages 12–17, and young adults ages 18–29
- Cherry Creek Psychotherapy has created and uses a unique, “hybrid” version of Dialectical Behavior Therapy (DBT) that has modified the traditional DBT teachings to be more age-appropriate while incorporating Cognitive Behavior Therapy (CBT) and other types of therapeutic practices.

Children’s Hospital – Outpatient Services
720-777-6200
https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/outpatient-services-therapy/group-therapy/
- Dialectical Behavior Therapy Group for teens 13 to 17 years old
- The Depressed/Bipolar Dysregulated Dialectical Behavior Therapy (DBT) Group provides treatment for adolescents with mood difficulties such as depression or bipolar disorder. Teens and parents learn coping skills to regulate their emotions, tolerate distress, engage with others effectively, be mindful, and use relaxation strategies.

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.
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Community Reach
303-853-3500
Multiple Locations Available
http://www.communityreachcenter.org/
- Must be a client with Community Reach
- Call number above to schedule an intake and inquire about group availability

Denver DBT
(303) 332-8704
1780 S. Bellaire St Suite #270 Denver, CO 80222
5738 Olde Wadsworth Blvd, Arvada 80002
http://denverdbt.com/
- The program treats adolescents age 12 to 17 and includes: Weekly 1.5-hour skills training covering mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.
- Monthly parent/primary caretaker support and skills information group; and optional family DBT sessions, as needed.
- Groups cost $85/session and payment is collected at the beginning of each month.
- Denver DBT does not directly bill insurance but provides receipts which may be submitted by group members for reimbursement. *Medicaid not accepted at this time.*

Front Range Treatment Center, Ltd
720-390-6932
6072 S. Quebec St., Centennial, CO
https://frtc.ltd/teen-db
- Offers comprehensive DBT classes, with parents/guardians attending
- Individual therapy $155-200 for 50-minute session; DBT classes are $125.

Grace Counseling Services
720-489-8555
8301 E. Prentice Ave. #300, Greenwood Village 80111
http://gracecounseling.net/
- Offers adolescent DBT groups for teens 13-18 years old
- Groups cost $70/session, *Medicaid not accepted at this time*, sliding scale services available
- Group members are required to participate in weekly individual psychotherapy with either Elizabeth or an outside therapist.
- Intake session required to determine eligibility for group

Jefferson Center for Mental Health
303-425-0300
https://www.jcmh.org/
- Locations throughout Jefferson County
- Must be a client with Jefferson Center
- Call number above to schedule an intake and inquire about group availability

Joyful Living Family Counseling
720-606-3202
6021 S Syracuse Way Greenwood Village, CO 80111
https://www.joyfullivingfamilycounseling.com/
- Individual adolescent DBT services with skills training available
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Original Path Counseling
720-735-7444
6551 S. Revere Pkwy, Suite 160, Centennial 80111
https://denvercounseling.org
- Individual, family and group DBT classes for adolescents; groups are 12-weeks
- Accepts Colorado Access Medicaid, Aetna, Tricare, self-pay and some reduced fee

Peregrine Counseling and Wellness
720-949-7250
8811 E Hampden Ave, Suite 100, Denver CO 80231
https://www.peregrinecounseling.org/
- Some insurances accepted, private pay options available.
- Cost: $150/50 minute session, insurance not accepted at this time

Pam Snyder, LCSW
720-838-4531
Pamsnyderlcsw@msn.com
https://www.pamsnyderlcsw.com/adolescent-counseling-arvada/
- Offers a modification of traditional DBT treatment
- Online therapy available

Westside Behavioral Care
https://www.westsidebehavioralcare.com/specialty/dialectical-behavioral-therapy-dbts
- Search for DBT providers based on insurance type and location