



**Christine Malm, MS, LCPC** is an experienced and adept counselor and group director. She is a Licensed Clinical Professional Counselor who has been running the Strong Girls program at Pathways for several years. Christine has a strong background in

multiple therapeutic models including cognitive-behavioral therapy, Dialectical Behavioral Therapy, individual, and family counseling approaches.

**Areas of Specialization and Experience Include:**

- ◆ Strong Girls Groups for Adolescent and Teen Females
- ◆ Adolescent and Adult Anxiety, Depression, and Bipolar Disorder
- ◆ Self-Injury and Self-Esteem Issues
- ◆ Body Image Issues
- ◆ Cognitive Behavioral Therapy and Mindfulness
- ◆ Dialectical Behavioral Therapy (DBT) Informed Approaches
- ◆ Family and Couples Counseling

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# Strong Girls Teen Group

## DBT-Informed Support Groups



- ◆ Emotional Regulation
- ◆ Distress Tolerance
- ◆ Self-Esteem
- ◆ Coping Strategies



## Group Approach

The Strong Girls group counseling program at Pathways has been an ongoing source of supplemental support for high school-aged girls who benefit from the addition of group counseling as part of their mental health treatment. The group offers a safe, supportive, and psycho-educational atmosphere where girls can benefit from the feedback and the assistance of facilitators and same-aged peers in overcoming obstacles and maintaining a healthy lifestyle. The group uses Dialectic Behavior Therapy (DBT) to help enhance positive behavior change and promote healthy coping and decision-making.

## Age Range

High school age groups are offered.



## Group Format

- ◆ Supportive and processing elements to help members explore and gain insight
- ◆ DBT-informed educational components to assist with:
  - ◆ Learning mindfulness skills
  - ◆ Increasing distress tolerance
  - ◆ Boosting emotional regulation
  - ◆ Developing healthy relationships
- ◆ Feedback and sharing in an environment that is constructive and safe
- ◆ Processing of behaviors and emotions and the promotion of self-reflection and healthy decision-making

**“It is hard to be happy without a life worth living. This is a fundamental tenet of DBT.”**

**- Marsha M. Linehan**

## Goals of the Group

- ◆ Increase a teenage girl’s ability to make safe and healthy choices
- ◆ Increase self-esteem, self-confidence, and the ability to accept oneself, be assertive, and overcome a variety of difficult situations
- ◆ Develop skills to combat peer pressure
- ◆ Gain a mastery of effective coping strategies to address negative feelings and to promote healthy body image
- ◆ Improve emotional regulation by reducing/controlling depressive symptoms and anxiety
- ◆ Address problems associated with low self-esteem, anxiety, depression, peer issues, and other problems

## Group Advantages

DBT is a proven therapeutic approach for helping those with emotional needs that are more difficult to handle. The Strong Girls group works where other therapies have not been as successful. The group is process oriented allowing members to work through individual issues in a supportive atmosphere. There is an additional skill-based emphasis to assist with implementing strategies to create lasting behavior change and more healthy habits. Members work to:

- ◆ Make healthy choices
- ◆ Overcome negative behaviors
- ◆ Effectively use coping skills
- ◆ Have a better understanding of themselves
- ◆ Grow more comfortable giving and receiving feedback
- ◆ Develop greater self-awareness and self-advocacy skills



Many insurance providers reimburse for the groups. Pathways Psychology also provides sliding scale fee rates.