

Dialectical Behavior Therapy: Skills Training Group



"Life is comprised of continuous opportunities to practice."



Skills-Focused Treatment

DBT is an evidenced-based treatment that specializes in teaching individuals to control moods and impulses, deal with distress, and manage relationships.

DBT skills have been shown to be helpful with treating clients diagnosed with bi-polar disorder, borderline personality disorder, depression, anxiety, and chemical dependency.

Learning Objectives

- Increase your awareness and ability to let go of thoughts that contribute to emotional suffering.
- Decrease unwanted behaviors that sabotage your goals.
 - Stay present in the "here and now," participating fully in life
- Get through crisis situations without engaging in behavior that makes things worse.
- Let go of judgments of yourself and others and learn to cultivate compassion.

Because the group is primarily educational and skills based, it is highly recommended that clients be in individual therapy concurrently.

8 Sessions per the 3 Modules
Class size is limited. Please call to reserve your spot. Leave name and which group you are interested in.

Tuesday's 6p-8p
Call for Mon (916) 300-6576

Wednesday's 6p-8p
Call for Tues (916) 300-6576

Groups are currently being held via Zoom



**DBT Skills Group Consists of 3
8-week Modules**
* Emotion Regulation
* Distress Tolerance
* Interpersonal Effectiveness