

Dialectic Behavioral Therapy (DBT) Skills Group



Call 424-570-6955 for more information

Dialectical Behavior Therapy (DBT) is a form of treatment for those that struggle with emotion regulation. This group is helpful for clients with Borderline Personality Disorder, intense unstable relationships, impulsive behaviors, depression, anxiety, or past trauma. Clients are taught skills to tolerate negative emotions & events when circumstances cannot be changed immediately, learn to focus on the present, reduce impulsivity and how to be present & participate fully in their lives.

DBT helps build a Life Worth Living by:

- Developing a clearer sense of self
- Learning healthy management of Emotions
- Acceptance of the highs and lows of life, without impulsive action
- Creates, improves, or maintains healthy, stable relationships



Start Your Journey to Healing, Hope & Peace of Mind