

Dialectical Behavior Therapy (DBT)

Informed Skills Group

Learn skills and apply them every day to help decrease unhealthy coping tools to overwhelming emotions in these four areas:

- ◆ Mindfulness and meditation
- ◆ Emotion regulation
- ◆ Distress Tolerance
- ◆ Interpersonal Effectiveness

At each group, you will learn a new set of skills and discuss how to apply them to everyday life and share your experience in using the skills.

Group is every Monday from 11:00-12:30 in the TCORE Group Room

Begins again 8/24/15