

DBT Skills Group



Our Dialectical Behavior Group will run for 12 weeks.

Dialectical Behavior Therapy skills



Mindfulness

- Focusing on the present
- Relaxing

Emotion regulation

- Coping with feelings
- Practicing self care



Distress tolerance

- Defusing upsetting situations
- Enduring stress

Interpersonal effectiveness

- Setting boundaries
- Expressing needs



We begin with 3 sessions of mindfulness, then rotate through 9 weeks of Emotional Regulation, Interpersonal Effectiveness, and Distress Tolerance.

Group Details

- Meets Thursdays from 6 - 7:30 pm, beginning April 4th - June 20th, 2024
- Adults ages 18 +
- Must have concurrent individual therapy
- Cost is \$50/session or insurance accepted

Contact to register:
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