

Mindful Journeys: DBT SKILLS GROUP



How can Dialectical Behavior Therapy (DBT) help you?

DBT is an evidence based model which supports individuals in working towards:

- Being more mindful and present in life
- Validating emotions and experiences without judgment
- Developing positive coping skills to manage difficult situations more effectively
- Gaining insight into and reducing impulsive behaviors
- Managing Symptoms of Anxiety, Depression, Trauma, and other Mental Health Challenges
- Improving Relationships through Healthy Communication and Boundary Setting Skills

Start Your Journey With Us Today!

Virtual Therapeutic Group

Wednesdays | 5:30 pm - 7:00 pm

\$10 per class



Register Today!

Contact for more info: 757-965-8623
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