

# Coping Skills Group based on Dialectical Behavior Therapy (DBT)

## Who is DBT for?

- ❖ Do you have trouble controlling your emotions?
- ❖ Do little things upset you?
- ❖ Do you have rocky relationships?
- ❖ Do you engage in emotional eating?
- ❖ Do you feel empty inside?

If the answer is YES to any of these questions, then DBT may be right for you.

## What is DBT?

DBT combines techniques of Cognitive Behavioral Therapy with principles from Eastern traditions, like meditation, and is helpful in working through a variety of issues such as anger control problems, depression, disordered eating, and substance use problems.

Participants will learn how to improve their quality of life and relationships utilizing the following skills sets:

1. Core Mindfulness – Derived from Zen teachings, about living in the moment, and being aware of your senses
2. Emotion Regulation – Learn to recognize emotions, decrease emotional vulnerability, and increase positive emotions
3. Distress Tolerance – Learn to tolerate and survive crises and accept life in the moment
4. Interpersonal Effectiveness – Learn to effectively ask for what you need, say no, and coping with interpersonal conflict

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**When:** TBD

**Cost:** \$80 per session (Most insurance providers will reimburse some % of the fee; we can help you file for reimbursement)

**To Register:** Download a registration form from our website  
Call 572-0000 or email [officemanager@lepageassociates.com](mailto:officemanager@lepageassociates.com)

**Space is limited so register now to reserve a spot!**



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