

Coping Skills Group based on Dialectical Behavior Therapy (DBT)

Who is DBT for?

- ❖ Do you suffer from strong emotions?
- ❖ Are you easily overwhelmed?
- ❖ Do you struggle with making your self-care a priority?
- ❖ Do you procrastinate or lack motivation?
- ❖ Are you troubled by your impulsive decisions?
- ❖ Do you have conflicts in your relationships?
- ❖ Would you like to learn better communication skills?
- ❖ Do you have a hard time making decisions?
- ❖ Are you critical of yourself and others?
- ❖ Would you like to create a more rich and fulfilling life?

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: Increase awareness within and outside of yourself – the first step to developing all the other skills. Learn to live more in the moment rather than feel anxious about the future or bad about the past.
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 cope with interpersonal conflict.

When: Every Wednesday 4:30-6:00pm – **ACCEPTING NEW MEMBERS NOW**

Cost: \$90 per session (Most insurance providers will reimburse some % of the fee: we can help you file for reimbursement)



Lepage Associates
Psychological Services

5842 Fayetteville Road #106
Durham, NC 27713

DBT Groups are very popular and space is limited so register now to reserve a spot!