

DBT Skills Adult Group
Meets on Tuesdays 11:30am-1:00pm

- **Tired of relationships crashing and burning?**
- **Want to have more people in your life, yet keep having "episodes" that keep others away?**
- **Wishing you weren't so "sensitive"**
- **Does it take you a long time to recover from an upsetting situation?**
- **Do you react impulsively?**
- **Beating yourself up mentally ... daily, hourly, what feels like all the time?**
- **Feeling like it might truly be you, not knowing how to manage these distressing and emotional moments.**

DBT helps with all of these issues, creating a life worth living!

What are DBT skills going to do for me?

- ✓ **Teach you how to live in the moment,**
- ✓ **No more feeling paralyzed by the past or fearing the future.**
- ✓ **How to navigate the emotional storm raining on just you**
- ✓ **Build skills to manage the daily disasters**

- ✓ Learn how to communicate to get your needs met.
- ✓ Learn how to handle life as it is, to tolerate pain and not allow it to transform into suffering!
- ✓ Start living in the now and manage your world!

Included are all the Life Worth Living Skill Modules of DBT:

Mindfulness - how to living in the now, not yesterday or tomorrow

Distress Tolerance - what to do instead of your old go to unhealthy impulse to make that feeling go away!

Emotional Regulation - the purpose of emotions, what they are, why we need them & how to handle experiencing them

Interpersonal Effectiveness - Assertively and kindly taking care of our needs.

Revolving entry into group with Mindfulness beginning each session & module. Contact:

www.beachestherapy.com

Full DBT program runs for 20-24 weeks and repeated throughout the year.

DBT Saves Lives, it is an evidence based treatment that improves lives.

audrey@beachestherapy.com