



SCOTT M. MURRAY, LCSW
PSYCHOTHERAPIST



change begins here.

Dialectical Behavior Therapy (DBT) Skills Group

Dates:	Thursdays
Group Time:	5:00 pm – 6:30pm
Location:	310 Main Street Mount Vernon, IL 62864
Facilitator:	Scott M. Murray, LCSW

HOW DO I SIGN UP?

Call:
618-899-0338

Email:
help@scottmurraylcsw.com

Visit:
www.scottmurraylcsw.com

WHAT IS DBT?

Dialectical Behavioral Therapy (DBT) is an effective, empirically based therapeutic treatment intervention for teaching skills that will help in coping with sudden, intense surges of emotion, emotional reactivity, and impulsivity.

DBT treats a wide range of mental health conditions such as personality disorders and self-harm, PTSD, eating disorders, depression, anxiety, substance abuse, and bipolar. It focuses on skills in four key areas: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness, while incorporating many Cognitive Behavioral Therapy (CBT) techniques.

This DBT Skills group is open to adults 18 years and older who want to learn how to better manage problematic emotions, live more fully in the present moment, and improve and maintain relationships by expressing themselves more effectively.

Scott M. Murray, LCSW



For the evaluation and treatment of depression, anxiety, severe mental illness, and personality disorders. Provides individual, couple, and family therapy, in addition to DBT, stress reduction and mindfulness groups.

