



# Seasons Counseling Center

## DBT

### Dialectical Behavior Therapy

Support for Emotional & Behavioral Challenges



#### Emotion Regulation

Manage overwhelming feelings



#### Mindfulness

Stay present, not reactive



#### Distress Tolerance

Cope better with stressful situations



#### Interpersonal Effectiveness

Communicate assertively



Support for Teens & Adults • Validate & Change Behaviors

Learn Practical Coping Skills



<https://seasoncc.com/>



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