

Adult DBT Skills Group

Topics Covered & Skills Taught

- DISTRESS TOLERANCE
- EMOTIONAL REGULATION
- MINDFULNESS
- INTERPERSONAL EFFECTIVENESS
- MIDDLE PATH SKILLS
- VALIDATION
- INCREASE SELF-ESTEEM, SELF-CONFIDENCE, AND THE ABILITY TO KNOW AND ACCEPT ONESELF
- OBSERVING YOUR OWN LIMITS
- SETTING REALISTIC EXPECTATIONS
- EDUCATION ABOUT DBT

Group Intentions

LEARN AND USE SKILLS TO INCREASE SELF-AWARENESS, REGULATE YOUR EMOTIONS, IMPROVE COMMUNICATION SKILLS, CULTIVATE HEALTHY RELATIONSHIPS AND BUILD A FOUNDATION FOR A LIFE WORTH LIVING.

OFFERING VIRTUAL & IN PERSON GROUPS
GARDEN CITY & ROCKVILLE CENTRE

CONTACT US AT (516) 740-1950 OR EMAIL
INTAKE@WISEMIND19.COM
WWW.WISEMINDPSYCHOLOGICALSERVICES.COM

