

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.

LOCATIONS IN ROCKVILLE CENTRE AND GARDEN CITY

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