USA PSYCHOLOGICAL CLINIC PRESENTS

DIALECTICAL BEHAVIORAL THERAPY VIRTUAL SKILLS GROUP

Dialectical Behavioral Therapy (DBT) skills have been scientifically shown to decrease depression and anxiety symptoms and improve emotion regulation and quality of life.

March 15th, 2021 | 5:30 PM - 7 PM
10 Sessions | Call today to apply | 251.460.7149

Over the course of the 10 week virtual group you will learn how to:
- Improve your interpersonal effectiveness
- Regulate your emotions
- Tolerate distress
- Engage in mindfulness