



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