

Young Adult DBT Skills Group

For Ages 18+

These life management skills are good for all people, but are especially beneficial for those who struggle to: stay in the present moment, manage interpersonal conflict, manage big feelings, and manage impulses.

This group is offered quarterly, and is available to residents of Minnesota.

Screening required. Sliding fee available.

Members of this 8-week Dialectical Behavior Therapy (DBT) group will learn skills from each of the DBT modules:

- CORE MINDFULNESS
- EMOTION REGULATION
- INTERPERSONAL EFFECTIVENESS
- DISTRESS TOLERANCE

Using DBT skills can help you have a
NOTICEABLE IMPROVEMENT
in WELL-BEING & FUNCTIONING.

Sentier
psychotherapy

Group led by Tana Welter, MSW, LICSW
Contact ellie@sentiertherapy.com for more information.