



*Dr. Yamonte Cooper*

## *DBT Skills Group*

This group is open to adults who wish to learn skills to manage problematic internal emotions, to **live more fully** in the present moment, to **communicate** and express yourself effectively, and the ability to **negotiate relationships**.

### What is Dialectical Behavior Therapy (DBT)?



Dialectical Behavior Therapy (DBT) was developed by Dr. Marsha Linehan. It is an effective, empirically supported, cognitive-therapy based intervention system for teaching skills that will help in coping with sudden, intense surges of emotion.

#### **Skills to be covered:**

- Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness

Dialectical Behavior Therapy (DBT) Skills is a group designed to educate, practice and process techniques that are extremely effective at helping people manage overwhelming emotions. Based upon the four pillars of DBT, participants will learn Distress Tolerance, Mindfulness, Emotion Regulation and Interpersonal Effectiveness skills. These critically important skills will help you reduce the size and power of emotional waves and help you regain balance during overwhelming times. This group is for anyone who is experiencing impulsive emotions and having difficulty controlling thoughts, feelings, and behaviors.

For more information, contact Dr. Yamonte Cooper.

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