



# DBT GROUP

Skills-based group to nurture stability and self-regulation

## Struggling with:

- Emotional dysregulation and emotional extremes
- Difficulty maintaining relationships, jobs, etc.
- Impulsive or risky behaviors
- Self-sabotage

## DBT effectively treats:

- Borderline Personality Disorder
- Depression and Anxiety
- PTSD
- Substance Use
- Self-harm
- Some eating disorders

## Core Skills & Focus Areas

Mindfulness

Interpersonal Effectiveness

Emotional Regulation

Distress Tolerance



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1212-777-NYCC (6922) - CALL/TEXT  
INFO@NYCCOUNSELING.COM

- Accepting New Members
- Meets virtually
- \$75/session
- Discounts for prepayment
- Easy out-of-network reimbursement

SCAN ME!



**Inquire or Register Now:**