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Counseling & Psychotherapy

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Dialectical Behavior Therapy (DBT) Skills Training Group

WHERE & WHEN

Zoom Video Conference
Weekly on Wednesday from 2:00 to 3:30 pm

CONTACT

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WHAT IS DBT SKILLS TRAINING?

The overall goal of this group is to help individuals create lasting, positive change in their lives. It teaches effective strategies for coping with and changing the emotional / behavioral patterns that perpetuate problems in a person's life. Participants will learn new skills for regulating intense emotions, managing distress, improving relationships and reducing self-harming behaviors.

In this DBT Skills Training Group, you will acquire and strengthen important life skills in four specific areas:

1. **Mindfulness:** Being fully aware and present in each moment, while practicing acceptance and compassion
2. **Interpersonal Effectiveness:** Communicating assertively and effectively, while strengthening relationships and reducing conflict
3. **Emotion Regulation:** Managing or reducing intense negative emotions and increasing positive experiences
4. **Distress Tolerance:** Being able to tolerate painful experiences and cope during times of distress or crisis

WHO CAN BENEFIT FROM DBT SKILLS TRAINING?

Originally developed by Marsha M. Linehan to treat individuals with Borderline Personality Disorder, DBT has been adapted to effectively treat a range of problems, including: intense or rapid mood changes, substance abuse, impulsive or reactive behaviors, self-harm, suicidal thoughts, depression, binge eating, ongoing relationship issues, and more.

DBT Skills Training may help individuals for whom other treatment modalities have not worked or individuals who need help getting "unstuck."

Schedule an intake assessment to find out if this group might be beneficial to you.