

Dialectical Behavior Therapy (DBT) Skills Training Group

What is DBT Skills Training?

It is a comprehensive, 6-month program that meets weekly for 90 minutes in a group setting. 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.

Who Can Benefit?

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.



What Does DBT Teach?

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

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

Where & When

Zoom Video Conference
Day & Time TBD

Contact

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About the Therapist

Kelly Norris is a Licensed Counselor in Colorado and owner of Kelly Norris Counseling & Psychotherapy, LLC. She offers individual and group therapy services in her office and online via Teletherapy. Contact Kelly if you are interested in starting therapy or would like to learn more about her services. Call or email today to schedule a free telephone consultation, and start the journey toward feeling better and creating the personal and life changes you desire.



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