



DBT Skills Group

Emotions controlling your life?

If the experience of depression, anxiety, substance abuse, impulsive/reactive behaviors or difficulty regulating your emotions sounds familiar, a Dialectical Behavior Therapy (DBT) Skills Group may be what you are looking for. DBT supports people to become more responsive and less reactive, make healthy choices, and create a life worth living. DBT skills cover 4 modules:

- Mindfulness
- Emotion Regulation
- Interpersonal Effectiveness
- Distress Tolerance

Teens (14-18)

Tuesdays, 5 pm - 6:30 pm



Young Adults (18+)

Tuesdays, 3 pm - 4:30 pm

Two Groups: Each 6 months in duration | \$60 per group, payable at start of each module

Location: Strength in Motion - 5277 Manhattan Circle, Ste 250, Boulder, CO



Lacey Taylor, Ph.D. & Adriana Balentine, LCSW, CACII, EMDR have spent the past decade treating teens and adults in a variety of mental health care settings. Together they bring diverse expertise, along with their shared value of creating a safe environment for each individual to thrive in a group setting. **To learn more or enroll, contact either:**

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