

# DBT GROUP FOR ADULTS

## Do you Find Yourself Struggling with Any of the Following Challenges:

- Depression or Anger
- Severe Mood Swings
- Anxiety or Trauma
- Lack of Respect for Self/Low Self-Esteem
- Self-Abusive/Impulsive Behaviors
- Self-Destructive Behaviors/Destructive Coping Methods
- Legal Charges
- Substance Abuse
- Poor Boundaries with Others
- Poor Relationships with Friends and Family



## What is DBT & How can it Help?

*Dialectical Behavior Therapy (DBT) combines cognitive behavior therapy with concepts derived from Zen Buddhism. The combination utilizes techniques that assist with emotion regulation, acceptance, distress tolerance, and mindfulness exercises. These powerful techniques can help you learn how to cope with intense feelings and struggles within your daily life.*

## DBT will Teach You Skills To:

- Cope with Painful Experiences or Difficult Situations
- Increase Self-Worth and Self-Acceptance
- Decrease Self-Harming/Impulsive Behaviors
- Have More Control and Awareness of Your Emotions
- Learn Healthy Boundaries and Assertiveness
- Establish and Maintain Healthy Relationships

**Who:** Adults Ages 18 and up

**Where:** Counseling Innovations  
130 Vann St NE, Ste. 220  
Marietta, GA 30060

**When:** Thursday Evenings  
6:00 - 7:00 pm Open Enrollment

**Leader:** Ashton Mosteller, BS

**Cost:** \$25.00 per Group/  
Initial Screening Interview  
\*12-Week Commitment

**Register:** Please call 678.919.1077

[www.counselinginnovations.net](http://www.counselinginnovations.net)