

# DBT Group for Adults

## Do you struggle with any of the following challenges:

- Feeling sad, anxious, or angry often
- Severe mood swings
- Low self-esteem
- Self-harming behavior
- Impulsive or destructive behaviors
- Legal charges
- Substance abuse
- Trauma
- Poor relationships with friends & family

## DBT will teach you skills to:

- Cope with painful experiences or difficult situations
- Increase self-worth
- Increase self-acceptance
- Decrease self-harming behaviors
- Decrease impulsive or destructive behaviors
- Have more control and awareness of your emotions
- Learn healthy boundaries
- Be more assertive
- Establish and maintain healthy relationships

## 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.

**Who:** Adults Ages 18 and up  
**Where:** Counseling Innovations online  
**When:** Thursdays from 7 pm – 8 pm  
New Modules Begin:  
Oct. 5<sup>th</sup>  
Oct. 26<sup>th</sup>  
Nov. 16<sup>th</sup>  
Dec 14<sup>th</sup>  
**Leader:** Olivia Ellis, MS, CRC, NCC  
**Register:** Text 404-490-3790  
Call 678-919-1077

**Cost:** \$35 for initial screening\*  
3 payment plans available  
**Entire Course:** 12 meetings for \$385\*\*  
(\$95 discount for course)  
**Per Module:** 3-week module for \$100\*\*  
(\$20 discount per module)  
**Pay & Go:** \$40 per group attended  
Pay before each meeting

*\* After doing the initial screening, new members can join when the next segment begins*

*\*\*Payment due prior to the first meeting of the next module you will be attending*

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