Dialectical Behavior Therapy-Based Skills Group

Thursday 1:30 – 3:00. Rolling admission dates.
Ellis Human Development Institute
9 N Edwin C. Moses Blvd.
Dayton, OH 45402

Facilitators: Wendy Dragon, PhD and Amanda Wallace, BA

*Please call the Ellis Institute at (937) 775-4300 to schedule a screening appointment.
*CareSource accepted

Skills Taught:
- Mindfulness
- Distress Tolerance
- Interpersonal Effectiveness
- Emotion Regulation

Learning Objectives:
- Learn to manage extreme emotions
- Stop sabotaging your success
- Let go of problem thoughts
- Learn to get your needs met in relationships
- Learn to care for yourself and your emotions
- Develop the ability to maintain healthy relationships