

Adult Classes

Core Mindfulness Skills

(Supplemental DBT Class or for those interested in
mindfulness)

For ages 18 and older

Core Mindfulness Skills

Dialectical Behavior Therapy classes teach clients to be mindful and aware. Core Mindfulness Skills are integral for practicing all DBT skills. Mindfulness is a core skill that has been proven through research to assist clients with multiple disorders, chronic pain, anxiety, depression, etc. Clients will learn how to focus on the present moment with awareness and will have many opportunities for practice.

DBT is designed to increase one's ability to be assertive, tolerate distress, and control undesired impulses. Clients learn cognitive-behavioral and mindfulness skills to better identify and manage their emotions. They then practice applying these skills to better tolerate difficult life events and improve their ability to interact effectively with other people. Classes and one-on-one therapy are both necessary parts of DBT therapy. Clients already connected to DBT classes or have a therapist on site can register for this 4-week supplemental class at the front desk. For those not yet a client of Balance & Potential, please call to schedule an intake.

The classes will occur on four consecutive Saturday mornings at 11:00 AM, starting on December 15th. It is possible to register for any number of classes in the series. Each class is \$85. Discount available for those that register for all 4.

The first step to joining a class is to schedule an initial interview with a Balance & Potential therapist if you are not already connected with Balance & Potential.

Call us now at Balance & Potential to reserve your classes
(678) 644-0039



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