



Adult DBT Classes

Core Mindfulness Skills

For ages 18 and older

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 attention, multiple disorders, chronic pain, anxiety, depression, and more! 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, to tolerate distress, and to 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.

The classes are available on four consecutive **Saturday mornings, from 11:00 a.m. to noon**, starting on January 19th. It is possible to register for any number of Saturdays in the series. Each hour is \$85. A discount is available for those who register for all 4.

Call us now at Balance & Potential to register or to ask questions!

(678) 644-0039

Class leader is Shelley Burke, L.P.C.

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