

# Adult Classes

## Dialectical Behavior Therapy (DBT)

For ages 18 and older

Our next module is "Mindfulness & Emotion Regulation"

### Mindfulness and Emotion Regulation

Dialectical Behavior Therapy classes teach clients to be mindful and aware. Our next module is entitled "Mindfulness & Emotion Regulation." Clients will learn how to focus on the present moment with awareness, as well as to modulate their emotions effectively.

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.

These scientifically verified DBT skills teach clients how to live in the present moment, manage their urges, learn from their feelings, cope with distress, and interact well with others.

Classes are in addition to client's one-on-one therapy and are a necessary part of DBT therapy. An initial intake interview with a Balance & Potential Inc therapist is necessary before joining a class and each participant must have an individual therapist.

Call now to reserve a spot in our next Adult DBT Class:

#### **Mindfulness and Emotion Regulation**

The first step to joining a class is to schedule an initial interview with a Balance & Potential therapist



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