

Adult Classes

Dialectical Behavior Therapy (DBT)

For ages 18 and up

Mindfulness & Interpersonal Effectiveness



Dialectical Behavior Therapy classes teach clients to be mindful and aware. Our next module is entitled “Mindfulness & Interpersonal Effectiveness.” Clients will learn how to focus on the present moment with awareness as well as to ask for what they want and need in an effective manner with other people, or to say “no” effectively.

DBT clients learn cognitive-behavioral and mindfulness skills to better interact with other people. Classes and one-on-one therapy are both necessary parts of DBT therapy. Family & friends may also take separate DBT classes to support clients in their learning skills.

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 clients’ one-on-one therapy and are a necessary part of DBT therapy. An initial intake interview with a Balance & Potential Inc therapist needs to be held before joining a class, and each participant must have an individual therapist either onsite or offsite.

To schedule an intake appointment with a Balance & Potential therapist:
Call (678) 644-0039



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