

# Adult Classes

## Dialectical Behavior Therapy (DBT)

For ages 18 and older



### Mindfulness and Distress Tolerance

Dialectical Behavior Therapy classes teach clients to be mindful and aware. Our next module is entitled “**Mindfulness & Distress Tolerance.**” Clients will learn how to focus on the present moment with awareness, as well as to tolerate their distress 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** therapist is necessary before joining a class and each participant must have an individual therapist.



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