

BALANCE & POTENTIAL INC

Providing DBT & CBT Therapy *to help control emotions & improve relationships*



Balance & Potential helps clients using DBT Groups & DBT & CBT Therapy. Our Dialectical Behavior Therapy groups help individuals who may have strong emotions including anxiety or depression and want to improve their relationships, live the lives they want. We offer open enrollment of groups for adults, teens, family members, and DBT Graduates.

Dialectical Behavior Therapy

- **Mindfulness**
- **Emotion Regulation Skills**
- **Distress Tolerance Skills**
- **Interpersonal Effectiveness Skills**

To register or to learn about our groups please contact the group leader,
Dr. Kirsten Moore, Psy.D., Intensively-Trained DBT Psychologist
Balance & Potential Inc
(678) 644-0039



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