

DBT: EMOTION AND COMMUNICATION SKILLS GROUP

Do you experience challenges regulating overwhelming emotions?

Do you feel as though your emotions go quickly from 0-100?

Do you experience difficulties in your relationships with others?

YOU CAN LEARN TO:

- Engage more effectively in interpersonal relationships
- Better manage overwhelming emotions

LOGISTICS:

Length of Group: 13 sessions

Day/Time: Wednesdays from 5-6pm via telehealth

Participants: We welcome 18+ individuals of all intersections of diversity who are motivated to incorporate these skills into their lives

Insurances Accepted: Aetna, BCBS, Cigna, or Self-Pay (\$50/session)

****Clients will be asked to participate in a brief conversation with facilitator to ensure goodness of fit****

If interested, please contact Dr. Jocelyn Kressler via email at jkressler@claritychi.com



Clarity Clinic