

# 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:** Thursdays at 7pm 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](mailto:jkressler@claritychi.com)



Clarity Clinic