

Beginning Tuesday January 11th-April 5th
(No group Tuesday February 15th)

DBT SKILLS GROUP

VIRTUAL GROUP LED BY TAYLOR SMITH, LMHC, LCPC

MEETS WEEKLY ON TUESDAY'S, 7P ET/6PM CT

\$40/SESSION SELF PAY, IN NETWORK WITH OPTUM &
AETNA

INDIVIDUALS LOCATED IN IL & FL ARE WELCOME



Dialectical Behavior Therapy (DBT) is an evidence based therapy that teaches coping skills to assist with mindfulness, regulating emotions, effectively communicating with others, and tolerating distress. DBT has been used to treat mood disorders, personality disorders, ADHD, and changes in behavioral patterns such as self harm, substance use or suicidal ideation. During this DBT group, you will learn skills week by week to manage symptoms and be able to ask questions, get feedback and receive support from the group. In my opinion, this is a life skills group that everyone could benefit from having and using. This group is 12 weeks long.

-There will be space to practice each skill and discuss questions. I utilize worksheets for the skills that will be shared each day before group.

-Group caps at 15 participants-



Dialectical Behavior Therapy



MINDFULNESS



INTERPERSONAL
EFFECTIVENESS



EMOTION REGULATION



DISTRESS TOLERANCE



Please contact Taylor Smith, LMHC, LCPC at (872) 216-3311 or lighthousetherapygrp@gmail.com to sign up and for any questions. For more general practice information and inquiries, visit lighthousetherapygrp.com