



Dialectical Behavioral Therapy (DBT)

Ascension Illinois-Center for Mental Health Arlington Heights

Learn Dialectical Behavioral Therapy techniques to:

- Improve distress tolerance
- Learn to cope with painful events and emotions
- Increase use of mindfulness
- Learn to live fully in the moment
- Develop emotion regulation skills
- Learn to recognize feelings and manage them
- Implement interpersonal effectiveness skills
- Negotiate relationships in healthier ways

Thursdays from 1-2:30 p.m.

Facilitated by Diana Hofmann, MSW, LCSW



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