



Dialectical Behaviour Therapy
12 Week (x90 min) Skills Group
Virtual Delivery
Start dates:
Wednesday, May 22, 2024
7-8:30 pm AST
6-7:30 EST
4-5:30 MST

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DBT (Dialectical Behavior Therapy) teaches coping and resiliency skills through modules that include mindfulness, distress tolerance, emotional regulation and effective communication. Using what we know about the biology of the brain (and the fight or flight response), we can learn to identify triggers, body responses and the urges that create behaviour that can be destructive to ourselves and others. DBT Skills allow us to deconstruct how we think, learning ways to know and manage ourselves on another, more productive level.

DBT was designed for people who have mood or personality disorders but has shown to be an effective therapy for many types of 'high emotional dysregulation' including anger management, ADHD, OCD, acute stress, anxiety, or depression, post-partum depression, pre-menstrual dysmorphic disorder, pain management, addictions, or major life transitions. These are take-away skills you will have for life. The \$900 price for the group (billed in \$75 weekly increments) includes 12 X 90-minute online sessions, an online manual, and weekly PowerPoint presentations, complete with even more resources to help you expand your practice of the exercises. This psycho-educational small group is online only (via the healthcare-protected business Zoom platform). If you can't make the session, make-up audio recordings (up to 4 during the 12-week group) are available.

Participants must complete one individual session (individual sessions are \$220), not included in the price of the group before the group starts. Receipts are issued under 'psychological services' after each attended session. If you have benefits or Blue Cross that cover psychological services, these receipts are generally accepted, but please check with your insurer if that is important.

Please contact me at info@karinklassenpsych.com to receive an intake package.

Thank you!

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