

Sessions will cover the following topics:

* Increasing awareness of feelings and thoughts
* Learning healthy techniques to immediately and effectively cope with distressing situations
* Understanding emotions, what causes them, and how to respond to them
* Learning interpersonal techniques to effectively communicate desires and feelings, maintain relationships, and keep your self-respect in the process

*Time & Date:* Monday evenings from 6:00 pm–8:00 pm,

 Starting November 2nd, 2015

*Cost:* $25 per session, 12 sessions *(\*Financial Assistance Available\*)*

*Location:* UNCG Psychology Clinic
 1100 West Market St.
 3rd Floor

*Contact:* Holly Paymon at (336) 256-0063 ext. 2

 Alex Birthrong at (336) 256-0088 ext. 2

 Sarah Sperry

*Website:* **psy.uncg.edu/clinic/**

**Dialectical Behavior Therapy**

 **Skills Training Group**

*Psychology Clinic*

UNCG’s Psychology Clinic will be offering a **12-week DBT skills training group for adults** who want to learn strategies for increasing emotional control and coping with distressing situations in their lives. They will also learn ways to interact with significant others, family members, employers and other people more effectively.

*The UNCG Psychology Clinic is a non-profit, outpatient facility housed on the UNCG campus within the Psychology Department. It has provided mental health services to the residents of the Greater Greensboro/Triad community for over 40 years.*