Dialectical Behavior Therapy
Skills Training Group

WHAT?
The Psychology Clinic at the University of North Carolina at Greensboro will be offering a 12-week DBT skills training group for adults who want to learn strategies to increase emotional control and cope with distressing situations in their lives. They will also learn ways to interact with significant others, family members, employers, and others more effectively.

Sessions will cover the following topics:
- Increasing awareness of feelings and thoughts
- Learning healthy techniques to 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 preserve your self-respect in the process

WHEN?
Thursday evenings from 6 - 8 pm beginning in October, 2019

WHERE?
UNCG Psychology Clinic
Located on the Second floor of 1100 West Market Street, Greensboro, NC 27403

WHO?
Contact Casey May at (336) 256-0000, Ian Penzel at (336) 256-0088, or Cameron Pugach at (336) 256-4954

COST?
$10 per session for 12 weekly sessions
Visit psy.uncg.edu/clinic/ for more details!