

# *Emotional Regulation: DBT Group for Adults*

*Learning to manage difficult emotions and relationships*



Are you tired of the never-ending drama of having your emotions run your life? Would you like to be more in control of your emotions? Would you like to be at peace with others and yourself? There are skills that you can develop to help you understand and tolerate the intensity of your emotions, improve the relationships in your life, reduce anxiety, anger, and fear, and create a more balanced life.

**If you struggle with:**

- **Managing emotions**
- **Interpersonal problems/conflicts**
- **Suicidal thoughts/behavior**
- **Self-Harm impulsivity**
- **Anger and/or aggressive behavior**

This group of 7-9 people is a psychoeducational experience where you will learn skills in the following areas: mindfulness; distress tolerance; emotion regulation; and interpersonal relationships. In DBT group you will learn these skills and be given homework to practice the skills you learned in your daily life.

**Time:** One hour and 30 minute group; Mondays 5:30-7:00 PM

**Place:** Samaritan Health and Living Center, 311 W. High St., Elkhart, IN 46516

**Start Date:** October 2, 2017

**Cost:** \$55 per session (or less depending on financial need assessment).

Insurance usually covers some portion.

**Duration:** 24 weeks with the possibility of continuing another 24 weeks session

**Facilitator:** Leslie Sackett, LCSW

**Please call 574-262-3597, ext. 139 to set up a screening assessment.**