

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; Wednesday's 5:30 – 7 p.m.

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

This is an ongoing group.

New members can join the group during the next open module.

Open to: Males and females age 18 and older.

-Member limit 6-9 people

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. 101 to set up a screening assessment.

**** If someone has insurance or would like to apply for fee assistance (FA), it is requested that you call our secretary, Jodi Bouma, at (574) 262-3597 ext. 101 and leave a message with your contact information as well as permission for us to leave you a message if you wish to authorize us to do so. Our administrative office will assist with checking insurance or going through the process of how to apply for fee assistance in order to help understand what your copay will be if you qualify. ****