

The ABC'S of DBT



Are you or your child struggling with managing emotions? Are they often overwhelmed or easily upset? Has your teen expressed a sense of emptiness or confusion? Is there frequent family conflict? Are they struggling in their peer relationships? If so, then **DBT (Dialectical Behavior Therapy)** might be the answer. **DBT is an evidence based treatment modality that can help individuals experiencing difficulties with emotion regulation, impulsivity, stress, and/or adaptive coping.**

Come join us for a fun and interactive workshop to learn about DBT. The workshop will:

- Overview DBT and its benefits
- Provide a glimpse into the main modules of DBT: Mindfulness, Emotional Expression, Distress Tolerance and Interpersonal Effectiveness

When: Thursday, May 2nd, 2019 from 6:00pm until 7:00 pm

Where: 130 Preston Executive Drive, Cary NC

Who: Individuals or parents of individuals who can benefit from DBT

Fee: \$50 per person or \$75 for 2 people from the same family

Leaders: Dr. Sara Salter and Abigail Kalainikas

Register: Call 919-467-7777 or email info@wynnsfamilypsychology.com
Visit WynnsFamilyPsychology.com to learn about the practice and the group leaders.