

# DBT GRADUATE GROUP

## MINDFULNESS

- › Focusing the Mind
- › Directing Attention
- › Understanding How You Feel

## INTERPERSONAL EFFECTIVENESS

- › Keeping Relationships Steady
- › Getting What is Needed
- › Maintaining Your Self-Respect

## EMOTIONAL REGULATION

- › Reducing Emotional Intensity

## WALKING THE MIDDLE PATH

- › Learning Not Everything is Black and White
- › Practicing Acceptance in the Moment

## DISTRESS TOLERANCE

- › Reducing Impulsivity
- › Crisis Management

**DBT**  
DIALECTICAL  
BEHAVIOR  
THERAPY

## Learn **ADVANCED** DBT Skills in this group

**When:** every other Monday from 6-8p

**Where:** 4070 Barrett Drive, Raleigh

**Who:** facilitated by Anna Erb, LCSW LCAS

### **PreRequisites:**

- Must have completed a foundational DBT group
- Must have met with Anna prior to enrollment for assessment
- No longer engaging in any harmful, self-injurious behaviors
- Willing to commit to this group for 6 months
- Know that group is not covered by insurances

**FOR MORE INFORMATION, CONTACT ANNA AT 919-207.7584**