



DBT GRAD GROUP

Participants will learn how to:

- Generalize DBT skill use in their daily lives.
- Manage difficult emotions and decrease impulsive behaviors.
- Develop adaptive coping skills to manage stressful life events and difficult relationships.
- Improve judgment and decision-making capabilities.
- Create positive relationships and a more cohesive sense of self.



Register today or reach out with questions by calling 203-779-5490 or emailing contactus@shorelinepsychological.com.