

# DBT SKILLS GROUP

Brought to you by **JC Sanders Counseling and Consulting**

and **THE SOUL PURPOSE**

**Lead Clinician:**

JULIE SANDERS, LICSW

**WHEN**

Beginning on **Thursday, November 2, 2023**

**4:30 - 6:00 PM**

running continuously with opportunities to join if space exists every 7-8 weeks.

**WHERE**

Hybrid group- either come in person at The Soul Purpose 1211 GAR Highway #14, Swansea, MA

**or** participate over ZOOM from home

- may alternate as needed

**COST**

currently accepting Blue Cross and Medicare insurance only - copays apply

Out of Network or private pay cost- \$30 for each 90 minute group session

We accept cash/check/Venmo/Paypal/Credit

**TIMELINE**

In order to graduate and complete all 4 modules, treatment will last about 6 months (longer with breaks for holidays). Expected Graduation in May 2024

**REQUIREMENTS**

1. Complete intake with Julie Sanders , LICSW before beginning group

2. If not already a client, please go to the website to set up initial consultation at [www.juliesanders.net](http://www.juliesanders.net)
3. Have an individual therapist that can meet you regularly to deal with specifics to your situation

## WHO IS THIS FOR

Any adult 18 and over that wants to learn new skills for dealing with emotions, relationships and response to crisis

Only 10 clients allowed in each group- closed group that allows new members, if space available at the end of every module

You must be willing to complete weekly homework and share with group

## WHAT WILL YOU LEARN

**Mindfulness** skills- How to stay present in the moment without judgement

**Distress Tolerance Skills:** How to tolerate bad things happening without making them worse

**Emotion Regulation Skills:** How to identify your emotions and learn ways of regulating and turning down the intensity if necessary

**Interpersonal Effectiveness Skills:** How to ask for things and say no to things as skillfully as possible

## WHY SHOULD I DO THIS?

All of these skills require practice! Learning to balance acceptance and change is difficult, but so worthwhile. I have been teaching and using these skills for 15 years and I have never had anyone work on these skills and graduate that hasn't improved their lives and many of them quite dramatically.

More Questions: Call Julie Sanders at 508-876-2172