



DIALECTICAL BEHAVIOR SKILLS TRAINING

MINDFULNESS | DISTRESS TOLERANCE | EMOTIONAL REGULATION | INTERPERSONAL RELATIONSHIP

Next group begins June 15, 2023. Groups meet from: 7:00 pm — 8:30 pm
Lakeside Center Office Building - 11225 N. 28th Drive. Phoenix, AZ 85029

Questions and Registration: Please contact Janet Moe (Facilitator)
602-315-6825 or at janet@christiancounselingservicesaz.com

ABOUT DBT

DBT is a methodology that gives you skills to regulate your emotions and thoughts so that you can respond in a healthy way to life's triggering events. These techniques, along with distress tolerance, once learned and practiced, will enhance your interpersonal skills and improve your relationships.

Costs: \$50 per session

Additional materials to be purchased in advance
Zelle, Cash or Check acceptable

TRAINING DETAILS



Groups Based

Trainings held in person in a group based learning format



12 Weeks

12 weekly meetings working through the material



Additional Support

Additional counseling and coaching support available upon request