



## DBT Skills Training Group

This group provides an environment for clients to learn and refine skills for daily coping. It is designed to supplement individual therapy. DBT Skills groups are based upon Marsha Linehan, Ph.D.'s Psychosocial Training for individuals with behavioral, emotional and cognitive instability.

The group will consist of 6-8 people working together to explore 4 skills modules over a 26-week period:

- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness
- Core Mindfulness

### **Time**

Tuesdays 5:45-6:45 pm

### **Cost per session**

\$50

### **Location**

3906 N. Lamar Blvd. Suite 205  
Austin, TX 78756

### **Facilitator**

Joel Wyrzten, LPC  
intensively trained in DBT theory and techniques

Please call Joel Wyrzten for information or an intake consultation.  
(512) 697-9613

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