

Dialectical Behavior Therapy (DBT) Skills Training Group

DBT Skills groups are based upon Marsha Linehan, Ph.D.'s Psychosocial Training groups designed for individuals with Borderline Personality Disorder. The group provides an environment for clients of myriad diagnoses to learn and refine skills for daily coping. The groups are designed to supplement individual therapy.

The group will consist of 3 modules lasting 12 weeks each:

Distress Tolerance Skills
Emotional Regulation Skills
Interpersonal Effectiveness Skills

Time:

Wednesdays 2:30 – 4:30 p.m.

Location:

317 West Hill Street
Decatur, Georgia 30030

Facilitated by:

Melanie Bliss, Ph.D. and Stephanie Ezust, Ph.D.

Drs. Bliss and Ezust are both trained in and experienced with DBT theory and techniques.

Please call Dr. Bliss at 404-377-9000 (x1) or Dr. Ezust at 404-371-9171 (x1) if you have clients you would like to refer or if you have questions about the group.