

Dialectical Behavior Therapy (DBT) Skills Training Group

DBT Skills groups are based upon Marsha Linehan, Ph.D.'s Psychosocial Training groups originally 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 consists of 4 modules lasting 12 weeks each:

Core Mindfulness Skills
Distress Tolerance Skills
Emotion Regulation Skills
Interpersonal Effectiveness Skills

Time:

Wednesdays 2:30 – 4:30 p.m.

Location:

317 West Hill Street
Decatur, Georgia 30030

Facilitated by:

Stephanie Ezust, Ph.D. and Gus Kaufman, Ph.D.

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

Please call Dr. Ezust at 404-371-9171 if you have clients you'd like to refer or if you have questions about the group.