

Who is this group therapy for?

- Individuals struggling with emotional instability, self-harm, anger issues, and impulsive behaviors
- Individuals diagnosed with Borderline Personality Disorder, Bipolar Disorder, Anxiety, or Depression



What does this group therapy do?

- Identifies maladaptive thoughts and behaviors
- Teaches:
 - distress tolerance skills
 - emotional regulation skills
 - core mindfulness skills
 - interpersonal effectiveness
- Offers a supportive environment to practice the DBT skills and receive constructive feedback

What else do I need to know?

- Each client will need to have an individual meeting to determine appropriateness for the group.
- This group is ongoing, meaning the group does not end after a set number of sessions.

When are sessions held?

- Mondays from 5-6pm
- Facilitated by Elizabeth A. Porter, MSW, LCSW

Do you have questions?

For more information about insurance and fees,
or for questions about DBT and the group therapy process,
call us at 260-486-5251.

