

A new Group Therapy course: Build resilience to painful emotions through DBT skills

If you feel you are making the same mistakes over and over, this group may be for you. People who are dealing with painful emotions that lead to feeling constantly overwhelmed, experiencing interpersonal challenges or feeling dissatisfaction with life can typically benefit from Dialectical Behaviour Therapy (DBT).

To “numb” your emotions, you may often make impulsive or bad decisions, engage in unhealthy relationships or unhealthy behaviours —such as drugs, alcohol, sexual promiscuity, or even self-harm. DBT can help you cope and refocus your feelings in a healthier way.



How does DBT work?

Through DBT, your pain and exposure to previously intolerable emotions will be acknowledged, and new and different solution-focused strategies to deal with them will be discussed. By focusing on the meaning and substance in your life, you will be able to learn to cope with your emotions and feelings.

What does this DBT skills group involve?

This program is led by two experienced psychologists – Dr. Rixi Abrahamsohn, PhD, CPsych, and Dr. Janine Cutler, PhD, CPsych.

To start, you will be introduced to DBT skills and mindfulness, and you'll be guided through identifying values and goal setting. In subsequent sessions you will develop the following skills:

Personal effectiveness skills. Interact within your interpersonal relationships more effectively.

Emotion Regulation skills. Cope with and manage your emotions.

Distress Tolerance skills. Cope with distressing thoughts, feelings and situations.

When

Full course comprises 15 weekly sessions
Tuesday, September 25, 2018 to
Tuesday, January 15, 2019
6 p.m. - 8 p.m.
There will be a two-week break over
the Christmas & New Year holidays.

Where

CBT Associates,
North York clinic
4950 Yonge St, Suite 1810
North York, ON
M2N 6K1

Cost

\$1,500
A discount will apply if we have a
minimum of 10 participants
(maximum 15 participants)

Note: This group is for adults 18 years and older. Individuals who are actively suicidal, often threatening suicide, or at high risk of physical or verbal assault to other group members should not participate in this group. Group members cannot be consuming alcohol or drugs in the sessions.

[Learn More / Sign Up](#)

Contact our Intake Team: local **416-363-4228**, toll-free **1-800-304-8018**, email info@cbtassociates.com