

# DBT Skills Group

## Weekly Dialectical Behavior Therapy Skills Group

starting April 29, 2019  
5:30pm-7:00pm

100 Stone Village Dr.  
Suite 206  
Fort Mill, SC 29709  
855-268-8880  
[www.fortmillpsychotherapy.com](http://www.fortmillpsychotherapy.com)

Are you experiencing difficulties in your relationships, challenges controlling your emotions, fears of being abandoned or left alone, or low self-esteem and self-worth? This group is here to help you build skills to feel more confident managing these struggles, and to find peace and connection with yourself and others.

This group is open to men and women 18-30 years old. It is offered in three 6 week series for only \$60/week. Discounted package rates are available. We do require a commitment to attend all 6 sessions in the series you choose.

### Series 1 4/29-6/3

2 weeks of Mindfulness Skills  
4 weeks of Distress Tolerance skills  
*This series will focus on learning to manage uncomfortable emotions.*

### Series 2 6/10-7/15

2 weeks of Mindfulness Skills  
4 weeks of Emotion Regulation skills  
*This series will focus on learning to regulate intense emotions as they arise.*

### Series 3 7/22-8/26

2 weeks of Mindfulness Skills  
4 weeks of Interpersonal Effectiveness skills  
*This series will focus on learning to assertively communicate with others.*

Group  
Sessions  
lead by



Jennifer  
Radcliffe, LMSW



Sydney Estes,  
LMSW

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