



WYNNS family psychology
expert solutions for kids, teens & families



Dialectic Behavioral Therapy (DBT) Group for Young Adults



Are you struggling with managing your emotions? Are you often overwhelmed or easily upset? Have you expressed a sense of emptiness or confusion? Is there frequent family conflict? Are you struggling to maintain meaningful peer relationships? Are you between the ages 18-26?

What is Dialectic Behavioral Therapy?

DBT is an evidenced-based approach that helps you learn how to cope with emotions in a healthy and productive manner. DBT is helpful for people diagnosed with anxiety or depression, or anyone struggling with self-harming behaviors. This therapy has also been proven effective for those experiencing Borderline Personality Disorder (BPD)

Skills to be covered?

Our ongoing DBT group is comprised of four different modules, each focusing on a specific skill. Through a series of activities, role-plays, videos, worksheets, experiential exercises, and homework activities, you will learn the following skills:

- **Module 1-Mindfulness**

- focusing the mind and thoughts, directing attention, understanding how you feel, and being present in the moment

- **Module 2- Distress Tolerance**

- how to reduce impulsivity, especially in moments of high emotional distress

- **Module 3- Emotional Regulation**

- how to reduce emotional intensity

- **Module 4- Interpersonal Relationships**

- how to form and maintain steady and healthy relationships, communicating personal needs, and getting needs met in a pro-social manner.



WYNNS FAMILY PSYCHOLOGY
expert solutions for kids, teens & families



When:

Module 1: January 21st – February 11th

Module 2: March 3^d – March 24th

Module 3: April 7th – May 5th

Module 4: May 19th – June 9th

Where:

Wynns Family Psychology
130 Preston Executive Dr, Suite 202 Cary, NC 27513

Leader:

Therapist Abigail Kalainikas
(plus co-leaders as needed to ensure a small leader to client ratio)

Ages:

Young Adults ages 18-26 years old

Fee:

\$155 for 60-minute consultation (required and not included in group fees)

\$400 per module (4 group sessions)

\$400 deposit required to reserve a spot. (Deposits and payments made in advance are non-refundable.)

Receive a 20% discount (\$1,280) when paying for all 4 modules (16 sessions) in advance!

Most insurance plans will reimburse a percentage of these fees

A small snack may sometimes be offered so please let us know of any food allergies in advance.

This sounds great! So how do I sign up?

Call 919-467-7777

or

Email Info@WynnsFamilyPsychology.com

Space is limited so call or email now to reserve your spot!