



# DBT: DIALECTICAL BEHAVIORAL THERAPY

**THURSDAYS 4:30pm-6:00pm**

**Open group**

**WHAT IS DBT?** Dialectical Behavioral Therapy is a model of therapy that combines skills training and dialectical thinking to help clients manage strong emotions and behavioral dysregulation.

**In this Group, Clients will learn to:**

- \*Use mindfulness technique to live in the present moment*
- \*Accept unpleasant experiences*
- \*Challenge and rewire negative thought patterns*
- \*Tolerate distressing emotions*
- \*Control emotional regulation day to day*
- \*Build effective interpersonal relationships*
- \*Combine use DBT skills and personal values to create a life worth living*

**\*\*for questions or to schedule an introductory interview please contact Molly Feldheim \*\***

**Molly Feldheim**

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