

Lunchtime DBT Skills



Wednesdays 1-2pm Starting 4th August

Mindfulness

(being aware of the present moment without judgment)

Emotion regulation

(understanding and reducing vulnerability to emotions, changing unwanted emotions)

Distress tolerance

(getting through crisis situations without making things worse and accepting reality as it is)

Interpersonal effectiveness

(getting interpersonal objectives met, maintaining relationships, and increasing self-respect in relationships)

You've gone through a lot in your life. Maybe you witnessed domestic violence, or had an absent parent. Perhaps you're an adult child of an alcoholic. But you're "over it". You've moved on. Right?

- Have you noticed patterns of conflict arising in your personal relationships or at work?
- Do you seem to butt heads with others easily? Are arguments often intense or unproductive?
- Are you in charge of your emotions, or do they run away with you?
- Have you noticed that little stresses seem to send you into a tailspin?

Dialectical Behavioural Therapy can help!

For more information please attend our information session at TEMHCO, 86 Woodroffe Avenue, Woodroffe on Wednesday, 21 July 2021 from 1-2pm or call 0429 082 781 to sign up.