

# Emotion Regulation & Mindfulness Skills

with Evidence-Based Dialectical Behavior Therapy Skills Training



*Serenity is not freedom from the storm, but peace amidst the storm...*

**Facilitated by Lisa Wessan, LICSW, CLYL, RM**

<p><b>Do you want to learn how to better manage your...</b></p> <p><i>Attention and Focus?</i> <i>Staying in the Present Moment?</i> <i>Overwhelming Feelings?</i> <i>Perfectionism, Black &amp; White, "All or Nothing" Thinking?</i> <i>Social awareness and anxiety?</i> <i>Changing Emotional Responses?</i> <i>Overwhelming Feelings? Impulse to self-harm? Reduce Negative Judgments about Self and Others?</i> <i>Set healthier boundaries?</i> <i>Reduce patterns of codependency?</i> <i>Inner peace and enjoyment of life?</i></p> <p>If you responded "YES" to three or more of these questions, you will receive great value from this program.</p>	<p>The DBT Skills Training group is for people who would like to learn how to cope more effectively with intense emotions, problematic thoughts or behaviors (i.e. negative thinking, self-harm, substance use, polarized or suicidal thinking), and relationship struggles.</p> <p><b>Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance skills are taught to reduce self-destructive behaviors. You will also learn more adaptive ways to manage painful emotions, to experience increased peak performance and fulfillment in your life. You will ultimately learn to expand your capacity for success, abundance and love.</b></p>
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**WHEN: TUESDAYS: 7:30 - 9:00 PM EST, February 18 - May 20, 2025**

**LOCATION: Virtual Zoom meeting**

**FEES: New students \$1,395 for the first 14-week semester (includes one individual Intake Session).**

**Continuing students pay \$1,120.**

🌀 If you are new, please see the **DBT FAQs**, full calendar, DBT videos and registration information at **www.lisawessan.com** or call **(978) 631-0349**.

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