

New Group Forming Now!

# Women's DBT Group



*Dialectical Behavior Therapy (DBT) helps women deal with strong feelings, manage life stressors, and improve their relationships with others. Learn practical skills to help you balance the demands life and find inner peace.*

*These skills include:*

- **Mindfulness:** Focusing your mind on the present moment, Centering yourself, & Gaining understanding of your emotions
- **Distress Tolerance:** Finding relief from intense, difficult emotions & Reducing impulsive behaviors
- **Emotion Regulation:** Learning to accept & tolerate emotions
- **Interpersonal Effectiveness:** Maintaining healthy relationships & Getting what you need from relationships

*Must be 18 years old or older*

For information, contact *Susan Myket, Ph.D. & Associates*  
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