

Dialectical Behavioral Therapy (DBT)

Skills Based Group

DBT skills are life skills which can be used by anyone. In DBT, individuals learn to change behaviors, emotions and thoughts to live their best life. This will be a closed group for adults of all genders who are also working with a QUEST individual therapist. The group is not meant to replace individual therapy.

TOPICS WILL INCLUDE



Mindfulness



Distress tolerance skills



**Emotional identification/
regulation skills**



Interpersonal effectiveness skills

QUEST Counseling & Consultation Center
440 Science Drive STE 200, Madison, WI
608-567-4465

WHERE

QUEST Counseling & Consultation Center – Westside
440 Science Drive STE 200
Madison, WI

WHEN

Mondays, June 3 – August 19
5:00 p.m. to 6:30 p.m.
(12 weeks total)

COST

Many insurance policies cover group sessions, private pay \$120 per session, sliding scale may be available.

TO JOIN, CONTACT

Janet Bauer, LCSW
(608) 567-4465 x119



Counseling & Consultation Center, LLC