

DBT Skills Training Group



**To refer or for more information,
contact:**

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ANTICIPATED START DATE
June 28, 2011

Metropolitan Counseling Services is pleased to offer a new DBT Skills Training Group. This twelve week group will cover Core Mindfulness Skills and Distress Tolerance Skills. This highly structured group will use Marsha Linehan's curriculum from *Skills Training Manual for Treating Borderline Personality Disorder*. While this group is helpful for clients with Borderline Personality Disorder, it is also helpful for any client who is struggling with emotion regulation and relationship functioning. Distress tolerance skills help clients to tolerate negative emotions and events when circumstances cannot be changed immediately. Core Mindfulness skills help clients learn to focus on the present, reduce impulsivity and help them to participate fully in their lives.

A sliding scale fee is available for those who qualify. An interview with the group leaders is required to ensure a good fit for interested individuals.

TIME AND LOCATION: Weekly on **Tuesdays, 2:30 PM – 4:00 PM** at the new office location of Metropolitan Counseling Services, 2801 Buford Highway NE, Suite 470, Atlanta, Georgia 30329. The group will meet for twelve weeks.

GROUP LEADERS: **MCS Residents, Heather McCormack-Moon, MA, NCC and Ursula Chapman, MS, LAPC** (both under the Direction of Kathy Steele, MN, CS and the Supervision of Lisa Angert-Morris, LPC).

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