

# DBT Skills Training

Do you have emotions that seem overwhelming or hard to control? Do you act out when you're upset? Do you have frequent self-destructive thoughts? Are your relationships unstable? **Dialectical behavioral therapy (DBT) skills may help.** DBT teaches life skills for a happier, healthier life.

- Emotion regulation: Manage feelings and moods better
- Distress tolerance: Cope effectively and positively with crisis
- Interpersonal effectiveness: Build healthy balanced relationships
- Mindfulness: Live life in an aware, non-judgmental way

Costs are covered in part by most insurance plans. Please contact your insurance provider for more information about plan coverage. To find out if this group is a good fit for you, call 425-339-5453.

**Locations  
and times  
available  
online!**



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