

EMOTION REGULATION: DIALECTICAL BEHAVIOR THERAPY SKILLS GROUP



What is it?: Weekly group therapy that aims to increase ability to apply skills to difficult situations and difficult emotions.

- Do you get upset easily?
- Is it difficult for you to control your behaviors once you become upset?
- Do your emotions get intense quickly?
- Do your emotions feel overwhelming and intense, especially in context of your relationships?

Who it's for?: Adults 18 and over who are willing to learn new strategies to reduce their emotional suffering. And Individuals not using drugs or alcohol on a regular basis for at least 6 months.

Where and when is it?:

Dr. Tiffany Griffiths: Exeter office
1251 Wyoming Ave, Exeter PA. (On the corner of Wyoming Ave and Schooley Ave)

12-weeks; Tuesday evenings 6-7:30pm. Beginning 11/14

How Do I Sign Up?: Please call Dr. Ashley Gilbert at (570) 299-3134 or notify your individual your therapist.

