

## DBT-Mindfulness Skills Group



Six Week DBT Skills Group: Mindfulness  
Fridays from 9:30AM-11:00AM  
September 8, 15, 22, 29 & Oct 6, 13

This six-week group is for high-functioning people who find their mind controls them. If you find yourself frustrated and stuck in judgmental thoughts about yourself and the world or overwhelmed by your emotional thoughts--this group may be for you! We will learn and practice the foundational mindfulness skills of Dialectical Behavioral Therapy (DBT). This skills-based group would benefit people who would like to better access and balance their emotional and reasonable minds.

The cost of the group is \$360.00 for six 1.5-hour sessions.  
Biltmore Psychology does not accept insurance.  
Full payment will be due at the first session.

Interested parties should contact Dr. Reed at 623.850.3373 for screening.