



# **DIALECTICAL BEHAVIOR THERAPY SKILLS GROUP**

---

NEW MEMBER ENROLLMENT//APRIL 6TH & JUNE 20TH, 2018  
AT THE STUDIO //FRIDAYS 3-430

*The*  
**Studio**  
Heal · Create · Connect

# **BORDERLINE PERSONALITY DISORDER**

*doesn't have to run your life*

DIALECTICAL BEHAVIOR THERAPY:  
THE MOST EFFECTIVE EVIDENCE  
BASED TREATMENT FOR  
HIGHLY SENSITIVE PEOPLE

## **GROUP MODULES**

### **MINDFULNESS**

Get in touch with the present moment to gain joy, peace, and insight.

### **DISTRESS TOLERANCE**

Replace impulsivity, self harm, and damaging behaviors. Step 1: Just don't make it worse.

### **EMOTION REGULATION**

Understand your emotions and why they matter. Work with them instead of fighting against them.

### **INTERPERSONAL EFFECTIVENESS**

Learn assertiveness skills, how to keep relationships, and maintain self respect.

\$65 PER SESSION OR \$250 PER MONTH // FORMAT IS SIMILAR TO A COLLEGE CLASS WITH LINEHAN SKILLS TRAINING WORKBOOK 2ND EDITION AS TEXT// ENROLLMENT ONLY AVAILABLE EVERY 8 WEEKS//

CONTACT STEPHANIE @ 501.902.5250 FOR FREE CONSULTATION  
[www.TheStudioLR.space](http://www.TheStudioLR.space)