

DBT Workbook Group for Adults

Dialectical Behavioral Therapy (DBT) is an evidenced-based therapy developed for people who have intense, fast reactions that feel impossible to resist, whether it's stress, anger or any other unwanted, unhelpful emotions.

We teach four categories of DBT skills to tackle this problem from multiple angles in non-judgmental, class-like setting.

Distress Tolerance: Getting through a crisis situation without making it worse and accepting reality as it is.

Interpersonal Effectiveness: Understanding and reducing vulnerability to emotions, changing unwanted emotions.

Mindfulness: Being aware of the present moment without judgment.

Emotion Regulation: Getting interpersonal needs met, maintaining relationships, and increasing self-respect in relationships.

Do you struggle with:

Anger
Depression
Negative Thinking
Anxiety
Indecision
Stress
Guilt
Loneliness
Lack of Connection?

DBT Skills Training Groups are for those who would like to cope more effectively with intense emotions, addictive behaviors, and/or relationship struggles. DBT Skills are taught to reduce self-destructive behaviors and learn more adaptive ways to manage painful emotions.

Joining a DBT Group is just like taking a class, except without tests and grades. You will learn a new skill each week and have homework to try the tools you've learned out in your daily life!

Group Facilitator: Britt McGonagle MS, LPC-IT

When:

Thursdays 4:30 – 6:00 pm

October 6 – December 15, 2022 (10 Weeks)

*NO GROUP the week of Thanksgiving

4:30 - 5:30pm → group work

5:30-6 pm → optional individual work time/

1:1 time with facilitator to

Where:

Elite Cognition Office

Water Tower Place

5900 Monona Drive, Suite 102

Monona WI 53716



Cost:

\$45/week or \$410, if paid in full prior to first session.

All Materials are included in fees.

CCS consumers should sign up via their Service Facilitator under ISDE for 2h/wk.

At Elite Cognition, we believe that no person should be excluded from mental health care due to cost. Contact us to see if you are eligible for sliding scale fees.

To Register:

Obtain a group registration form from the office or website. Return completed registration forms via email at info@elitecognitionllc.com, fax or drop it by the office. Registration will be confirmed upon receipt. Once the group fills, we will start a waiting list for the next session.

Participants will be contacted to schedule a brief video meet & greet with the facilitator, prior to the first group to discuss individual needs, hopes & goals.

**This group relies on its members to be present each week. Participants should commit to attendance weekly.*



This is an In-Person group. Facilitator is COVID-19 Vaccinated. Group members are required to follow sanitation protocols to reduce the spread of COVID. Masks may be worn at the discretion of participants and facilitator(s).