



Dialectical Behavioral Therapy (DBT) Skills Group

Dates: The group will begin on July 17th and will continue every following Wednesday

Time: 5:30 PM - 7:00 PM

Location: Simply Thrive Therapeutic Associates
1240 SE Maynard Rd, Suite 203 (Around the back)
Cary, NC 27511

Facilitator:



Mackenzie Almond, MA, LPC

***for more information about Mackenzie please visit our website:
<https://simplythrivetherapy.com/meet-the-therapists/mackenzie-almond/>

Description: Dialectical Behavioral Therapy (DBT) is a type of cognitive therapy and an evidenced-based approach which can teach skills to help with managing intense internal emotions, living more fully in the now, communicating and expressing oneself more clearly, and effectively negotiating relationships.



This group is open to adults **18 years or older** who desire to learn skills in the following four domains:

- Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness



Pricing: The price for this group is \$40 per session or \$150 per month if paid up front.

Eligibility: In order to be considered for this group an individual:

- must be 18 years or older
- must meet with one of our clinicians for an evaluation
- must be attending their own individual therapy

If you have any questions or wish to reserve a spot please contact our office at **919-636-0762** or email us at **hello@simplythrivetherapy.com**