

INTER CARE

MANHATTAN · WESTCHESTER

Specialists in Alcohol and Substance Use Treatment

Dialectical Behavior Therapy

Manhattan

Tuesdays

10:00am - 11:30am

5:30pm - 7:00pm

Westchester

Mondays 11:30am - 12:45pm

Tuesdays 6:00pm - 7:30pm

What can I expect in the DBT skills group?

The group focuses on each core DBT skill for three sessions in increasing depth. Each session begins with a mindfulness exercise (i.e. a guided meditation, relaxation exercise).

Skills are taught by the DBT therapist, and then are applied by group members to their lives.

Exercises are practiced in the group for easier application between sessions. Each group member is asked to practice skills throughout the week and report back to the group.

How will this help my recovery?

This group offers a nonjudgmental, problem-solving focused environment.

You will learn to anticipate potential drug-using cues or triggers and then proactively prepare responses to high-risk situations that otherwise might derail your recovery efforts.

CORE DBT SKILLS

MINDFULNESS

Learning to control your mind without letting your mind control you. Focusing on one thing, in the moment without judgement.

DISTRESS TOLERANCE

Relaxation techniques. Crisis survival strategies. Help with decreasing impulsivity and self-destructive tendencies.

INTERPERSONAL EFFECTIVENESS

Asking for what one needs. Saying no. Coping with interpersonal conflict. Assertiveness training.

EMOTION REGULATION

Increase your understanding of emotions. What emotions do for you. Manage extreme emotions.

To make a referral, please contact Ali at 212-532-5804 or email her at aparisi@inter-care.com

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