DBT (Dialectical Behaviour Therapy) was created to help people deal with emotional dysregulation, including difficulty with anger, sadness, anxiety and shame. DBT is empirically supported to help people increase skillfulness in life by increasing mindfulness, the ability to communicate effectively in interpersonal situations, managing emotions and tolerating distress – as such it has been shown to be effective at reducing suffering.

This condensed, practical DBT-Based Skills Course, modified from the original DBT Skills Group to fit this shorter format, teaches concrete tools that are crucial to supporting greater internal stability, self-awareness, and healthier interpersonal limits and relationships with yourself and others.

**Mindfulness • Emotion Regulation**

**Distress Tolerance • Interpersonal Effectiveness**

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To Register: call 226-820-4243
tiffany.b.therapy@gmail.com

Tiffany Burtch, MSc., RP is a Registered Psychotherapist with comprehensive training and experience in DBT, focusing on trauma, attachment injuries and emotional dysregulation.