DBT was created to help people deal with emotional dysregulation, including impulsivity and difficulties in relationships. Together we will focus on four modules: Mindfulness; Distress Tolerance; Emotion Regulation; and Interpersonal Effectiveness. DBT is well researched and has been shown to help people increase overall effectiveness in many life areas and reduces suffering.

Come learn concrete tools that are crucial to supporting greater internal stability, self-awareness and healthier interpersonal limits and relationship with self and others.

Tiffany Burtch is a registered psychotherapist in the province of Ontario. She is trained in Dialectical Behaviour Therapy, a treatment developed for individuals with BPD and emotional dysregulation. Tiffany is able to make difficult group topics fun and interesting. She brings a non-judgemental approach to her work.

DBT Skills Group

When: Wednesday’s October 4th - March 21, 2018 (24 Weeks)
Where: 5420 Hwy #6 Guelph, ON
Time: 5:30 to 7:30PM

To Register
Visit: tiffanythetherapist.ca
Investment: $200 monthly or $1200
Email: tiffany@tiffanythetherapist.ca
226-820-4243

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