



Tiffany Burtch
Therapy

DBT Skills Group

Tiffany Burtch is a registered psychotherapist in the province of Ontario.

She is trained in Dialectical Behaviour Therapy, a treatment developed for individuals with BDP and emotional dysregulation. Tiffany is able to make difficult group topics fun and interesting. She brings a non-judgemental approach to her work.



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

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.

