



What: Dialectical Behavior Therapy (DBT) skills group

Where: PRA Behavioral Health 1701 E. Woodfield Rd., Ste. 1000, Schaumburg IL 60173

When: Every Thursday night 7:45p-9p starting 1.4.18

How Much: Most major insurances accepted, if insurance does not cover, fee is \$50 per group.

Who: Anyone 18 and over who desires to better manage their emotions, tolerate distressful experiences, and engage in healthy relationships. Participants must also be attending individual therapy prior to the start of group.

Dr. Lang works with children, adolescents, and adults, conducting individual and group therapy. She believes a strong therapeutic alliance is instrumental in identifying treatment issues, developing goals, and working through the suffering often associated with distress. Dr. Lang utilizes Dialectical Behavioral Therapy (DBT) and Emotion Focused Therapy (EFT) in an effort to provide both prompt behavioral change and long-term relief of symptoms. For more information please call 847.598.8244.



DBT MONTHS AND MODULES

January-February

Mindfulness-A state of active open attention on the present moment. Involves observing thoughts and feelings without judgement.

March-May

Emotion Regulation-The ability to accept, and respond effectively, a full range of emotional experiences.

June-September

Distress tolerance-Accepting and tolerating difficult emotion states when they cannot be remedied.

October-December

Interpersonal Effectiveness-Skillful communication which helps us get what we want, maintain or ethics, and respect our relationships.