

WHAT WILL I LEARN?

Dialectical Behavior Therapy (DBT) was developed by Marsha Linehan in the 1980s to address limitations of traditional cognitive-behavioral therapy (CBT) in treating individuals with chronic self-injury and suicidal behaviors, particularly those diagnosed with borderline personality disorder (BPD).

This is a 10-week program designed to teach foundational skills, including mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. These skills aim to help individuals acknowledge their current emotions, accept them without judgment, and develop more effective coping strategies.

WHO CAN JOIN?

Individuals between ages 20-65 are appropriate for this foundational group. Group caps at 10 individuals.

WHERE?

406 Vulcan Street
Buffalo, NY 14207

INTERESTED? CONTACT US!

Envision Wellness WNY Vulcan Clinic:
716-877-6763

Envision WNY Family Success Center:
716-462-6554

DBT BASIC SKILLS GROUP

The goal of this group is to assist you in understanding and accepting past emotions and behaviors, while also identifying and developing skills to foster a meaningful and fulfilling life.