



Dialectic Skills Training!

Dialectical Behavioral Therapy (DBT) is a well-researched and recognized group of specific skills taught to help clients to be mindful of situations they find themselves in, increase their ability to use control and focus, better manage their emotions (and its effects), to increase personal regulation, increase their ability to tolerate distressful moments and situations, develop and improve interpersonal relationships and develop further communication skills.

Our Dialectic Skills Training Program is a 6 Unit structured program totaling 120 plus hours of instruction designed to inform, teach and practice DBT specific skills in an experiential environment – specifically to meet the needs of those with Developmental Disabilities.

Skills Training Program as follows:

Unit 1 - Mindfulness:

Unit 2 - Emotional Regulation:

Unit 3 – Mindfulness:

Unit 4 – Distress Tolerance:

Unit 5 – Mindfulness:

Unit 6 – Interpersonal Relationships:

Persons may enter the skills training program in any sequence providing they start with a Mindful unit (Unit 1,3 or 5), and complete an interview for suitability. Class size is limited.

For additional information contact
True North Consulting Ltd.

587-777-8783



INFO