

DBT

ADULT CORE SKILLS TRAINING GROUP

12 weekly sessions

Possibility for Virtual and In-person groups starting
January 2025

FACILITATED BY
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120\$ PER SESSION

FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT:

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Building a life worth living...

What is DBT?

Dialectical Behavior Therapy (DBT) is designed to help anyone struggling to manage intense emotions, navigate complex interpersonal relationships and develop healthier coping mechanisms.

DBT integrates the following elements to promote a balanced and fulfilling life:

- Mindfulness (being in the here and now)
- Distress tolerance (riding the wave of emotions)
- Emotion regulation (understanding your emotions)
- Interpersonal effectiveness (building healthy relationships)

Whether addressing borderline personality disorder, mood disorders or other emotional challenges, DBT offers a structured and compassionate path toward greater emotional resilience and improved quality of life.

