

Emotion Regulation & Mindfulness Skills Training with Evidence-Based Dialectical Behavior Therapy Skills Training (DBT)



Serenity is not freedom from the storm, but peace amidst the storm...

Facilitated by Lisa Wessan, LICSW, CLYL, RM (since 2015)

Do you want to learn how to better manage your...

*Attention and Focus?
Staying in the Present, Mindfulness?
Black & White, "All or Nothing" Thinking?
Social awareness and anxiety?*

*Changing Emotional Responses?
Overwhelming Feelings?
Impulse to self-harm? Reduce Negative
Judgments about Self and Others?*

*Set healthier boundaries? Reduce old
patterns of codependency?
Inner peace and enjoyment of life?*

If you responded "YES" to three or more
of these questions, you will receive
great value from this program.

● The DBT Skills Training Group is a supportive space for individuals who want to build practical skills to better navigate intense emotions, challenging thoughts or behaviors (such as negative thinking, self-harm, substance use, or suicidal thinking), and difficulties in relationships.

● The DBT curriculum covers Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance skills over one year. This work successfully reduces self-destructive behaviors and increases more adaptive ways to manage painful emotions.

● Learning DBT Skills results in more peak performance and fulfillment in your life.

TUESDAY EVENINGS: 7:00 – 8:30 PM EST

WHEN: 14-weeks, September 8 – December 15, 2026 WHERE: Zoom Classroom

FEES: New students pay **\$1700** for the first semester (this includes one Intake session).
Continuing students pay **\$1400** (\$100/week per 90-minute group session).

If you are new, please see the FAQs, Reviews, full calendar, DBT videos and registration information at www.lisawessan.com.