Dialectical Behavior Therapy (DBT) Group

MONDAYS
Starting May 15
2:30–4 P.M.
Virtual

WEDNESDAYS
Starting May 17
3:30–5 P.M.
In Person

Adults who want to improve their capacity to operate effectively in their environment can benefit from this skills-based, minimally process-oriented group. The group is structured in an educational format for skill acquisition/application from a multicultural and collaborative lens. We’ll teach skills, discuss their application and practice skills between sessions.

This is a good group for students in need of emotion regulation, distress tolerance and interpersonal effectiveness skills. We’ll start by discussing mindfulness skills for two weeks at the beginning of each module. Those skills are incorporated into others throughout the semester.

Monday: Lauren Enty LMSW & Ciera Lewis, MA
Wednesday: Mike Alnarshi LMSW & Kiera Kunkle, MA

Register:
Get started at caps.msu.edu/schedule for more info, pre-screening and registration information.