



Counseling and Psychiatric Services (CAPS)  
University Health and Wellbeing  
MICHIGAN STATE UNIVERSITY

# Dialectical Behavior Therapy (DBT) Group

## MONDAYS

Starting May 15

2:30–4 P.M.

Virtual

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## 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](https://caps.msu.edu/schedule)  
for more info,  
pre-screening and  
registration information.



Participation in CAPS programs is not restricted based on sex or race. All MSU students are welcome to participate based on the clinical recommendations of CAPS staff.

SHW-CAPS-050523

Call (517) 355-8270  
Visit [caps.msu.edu](https://caps.msu.edu)



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