



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

# **“WE GET YOU, WE GOT YOU” NEURO-NONCONFORMIST DIALECTICAL BEHAVIOR THERAPY (DBT)**

## **TUESDAYS**

Starting May 16  
3–4 P.M.  
Virtual

.....

## **FRIDAYS**

Starting May 19  
12–1 P.M.  
In Person



### **Register:**

Get started at  
**[caps.msu.edu/schedule](https://caps.msu.edu/schedule)** for  
more info, pre-screening and  
registration information.



This therapy group is for students who identify as neurodivergent and are struggling with the unique emotional and social challenges associated with it. We'll provide tips for regulating emotions, managing a crisis or meltdowns, and social situations. The group is adapted from DBT, a treatment used to help people manage intense emotions and navigate relationships. Group materials are accessible for neurodivergent people, and the group facilitator also identifies as neurodivergent. This is a good group for people who struggle with emotional overwhelm, thoughts of suicide or self-harm, relationship boundaries, anxiety/panic attacks, intrusive thoughts and compulsions, or attention/sensory challenges. Together, we'll work toward supporting daily well-being and building a life worth living!

**Facilitators: Jacki Fritts, Psy.D., ASDCS, DL  
Karen Stanley-Kime, Ph.D., LP, ABPP**