Dialectical Behavioral Therapy (DBT) Skills Group
Tuesdays | 3:30-5:00pm
Wednesdays | 3:30-5:00pm
Fridays | 9:30-11:00am

**Group Description:**

DBT Skills Groups are skills-based, minimally process-oriented, and for adults who want to improve their capacity to operate effectively in their environment. Group characteristics include a structured educational format for skill acquisition/application, from a multicultural and collaborative lens. We meet virtually over the zoom platform, teach skills, and discuss application and between-sessions practice of skills. This is a good group for students in need of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills.

**Primary Group Leaders:**
Gail Anderson PsyD & Mike Alnarshi LMSW

**Evidence-based therapy group for MSU students**

Learn concrete skills that can help you manage anxiety, depression, impulsivity, relationship issues and more!

**Develop skills for Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness**

To schedule a group screening, pick which group day you prefer and complete the qualtrics form at this link: https://msu.co1.qualtrics.com/jfe/form/SV_9GNsDV C3VIH3wmr

**LOCATION:**

All group appointments are hosted over our HIPAA-compliant zoom platform, for more information, call 517.355.8270 or visit our website at caps.msu.edu