



DBT Skills Group

Mondays: 12-1:30p Adults
3:15-4:30p Teens

Do you experience emotions more intensely than others?
Do you wish you had better control of your reactions, and that you
could express your needs and wants, calmly and clearly?

DBT can help.

Dialectical Behavioral Therapy is for anyone who'd like to improve their ability to handle relationship conflicts, stress, and difficult emotions. Originally developed to treat personality disorders, DBT has been shown to be highly effective for a wide range of conditions including depression, anxiety, chronic pain, eating disorders, PTSD, bipolar disorder and substance abuse. You will learn skills that allow you to take control of your reactions (rather than having emotions run the show), so you can navigate conflicts, personally & professionally, more effectively.



Karen Joaquin is a California Licensed Marriage and Family Therapist, LMFT, and is a Licensed Advanced Alcohol and Drug Counselor with the California Consortium of Addiction Programs and Professionals. Karen obtained a MA degree in Counseling Psychology at University of San Francisco and has 9 years of providing individual, family and group therapy.

\$30 per class or \$330 for the whole program
(12 classes plus intake, \$60 savings)

.....
For more information call 530-544-1748



A Balanced Life
Individual, Family and Child Therapy