Build Skills. Manage Stress. Feel More Prepared.

DBT Mentorship

Essential Counseling

What is DBT?

- Dialectical Behavior Therapy (DBT) teaches practical skills for managing emotions, navigating relationships, and coping with stress.
- The program focuses on four core areas:
  - Mindfulness
  - Distress Tolerance
  - Emotion Regulation
  - Interpersonal Effectiveness

What We Offer

- Individual DBT skills mentorship
- Support from master's-level clinical social work students
- Learn and practice practical coping skills
- Build confidence using DBT skills in everyday life



Program Details

- Length: Approximately 7 months / 24 weeks
- Sessions: 90 minutes
- Cost: $30 per session
- Full-course payment: $650

🏳️‍🌈*LGBTQIA+ and Neurodiverse Affirming*

CONTACT US!

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