

# Changing Strong Emotions

## A DBT Skills Group

Learn DBT skills to manage strong emotions and cope with depression, anxiety, self-injury, suicidal behaviors, and eating disorders.

With DBT skills you will learn:

1. Mindfulness (becoming aware about one's thoughts, feelings, body sensations and internal experiences in the present moment)
2. Interpersonal effectiveness skills (building/ maintaining positive relationships and terminating negative)
3. Emotion regulation (regulating intense emotions)
4. Distress tolerance skills (crises survival skills during periods of high emotional distress)



Facilitated by Aleksandra Nedelkoski, LPC

Thursday evenings  
from 6:00 pm to 7:30 pm  
Beginning February 7, 2019!

An 8-week Co-ed group  
for teens ages 13-17

**Call 248-244-8644 to reserve your spot!**

Perspectives Counseling Centers - Troy location

888 W. Big Beaver Rd. Ste 1450 Troy, MI 48084

[www.perspectivesoftroy.com](http://www.perspectivesoftroy.com)