

DBT GROUP THERAPY

What is DBT?

Dialectical behavior therapy (DBT) is a type of cognitive-behavioral therapy. Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others



Group Therapy

Group Feedback

Connections

Honesty

Practice Interactions

Benefits of Group Therapy

Group therapy is a form of psychotherapy that helps people better understand themselves and relate to other people. will become more mindful of their actions and learn how to express and interpret their present environment. You will create positive connections and increase your self-regulation, attention and personal experiences.

Themes

1. Emotional Regulation

2. Distress Tolerance

3. Interpersonal Effectiveness

4. Mindfulness

5. Realistic Awareness

6. Capability Enhancement

7. Self-Compassion

8. Adaptability



Location: Location: ReACH Psychiatry (The Clinic, 4th Floor)- #319, 7th main, HRBR Layout, Kalyan nagar, Bangalore-43 (Landmark- Above health and glow, opposite Banaswadi Metropolitan club)

Price: 2000/Session