

Dialectical Behavior Therapy Skills Training Group

Facilitators: Dr. Sheena Karnani, PsyD & Dr. Felicia Lee, PsyD

Date: Thursdays - October 24, 2019 to June 11, 2020 (24 weeks)

Time: 6:30 PM to 8:30 PM **Age:** 18 to 28 years

Do you struggle with mood swings and/or feelings of emptiness?

Do you have strong feelings that are confusing and/or overwhelming?

Do you need help getting along with others, controlling impulses and/or managing extreme emotions?

DBT Skills Training can help you to manage, tolerate and understand your emotions



Interpersonal Effectiveness (8 weeks): including Mindfulness



Effective strategies to ask for what you want and improve relationships

Emotional Regulation (8 weeks): including Mindfulness

To regulate your emotions



Distress Tolerance (8 weeks): including Mindfulness

To accept the current situation and find ways to tolerate the moment

Early Bird: HK\$4,300 (Register before Thursday, October 8, 2019)

Price: HK\$4,800 per module (including materials)

Organiser: St. John's Cathedral Counselling Service

Venue:
St. John's Cathedral,
4-8 Garden Road,
Central, Hong Kong

For more **information & enrollment:**
<http://www.sjcshk.com/dbtskillstraining.html>
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Call: 2525-7207 or 2525-7208



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