



# ADULT DBT SKILLS TRAINING GROUP

**Tuesdays 6:00-7:30 pm**

**Cost: \$150 one-time initial consultation and \$70.00 per week / Each Module duration is 8 weeks**

DBT Skills training consists of: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. It is designed to help individuals better manage behaviors, emotions and thoughts. DBT skills are effective in helping people who experience challenges related to anger, anxiety, depression, intense or chaotic relationships, impulsivity and self-defeating behaviors.

Each 8 week module will begin with 2 weeks of core mindfulness skills. These skills help group members focus on the present and what is happening in the here and now.

## Modules

**Mindfulness/Distress Tolerance Skills** help people survive emotionally intense situations without making them worse. This module teaches the ability to accept reality and to soothe in a healthy way rather than engage in problematic behaviors.

**Mindfulness/Emotion Regulation Skills** help people understand their emotions, decrease the frequency and intensity of unwanted emotions, decrease emotional vulnerability and decrease emotional suffering.

**Mindfulness/Interpersonal Effectiveness Skills** help people understand what their needs are in their relationships, develop effective ways of dealing with others, build/repair/end relationships, and learn to say no.

**For more information, please contact :  
Rock Nelson at (404) 590-1165 or  
empowermentpstp@gmail.com**



**ROCK NELSON  
MBA, LMSW**

Rock Nelson MBA, LMSW is a board licensed therapist who treats mood and anxiety disorders, working with individuals, couples and families. Rock has worked in an outpatient clinical setting for 2 plus years, and prior completed DBT clinical training at Skyland Trail, a nationally recognized adult residential and day treatment organization He graduated from the University of Georgia in 2016 earning his Master of Social Work (MSW), summa cum laude. Post Graduate work includes DBT Comprehensive and Accelerated Principles Training.



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