



American Foundation of  
Counseling Services, Inc.

## Dialectical Behavior Therapy - Skills Training

- For:** Groups are offered for both adolescents (ages 16-19) and adults (19 and over) who could benefit from developing skills in the following four areas:
- *Mindfulness*: being aware and present in the moment in a nonjudgmental way
  - *Distress Tolerance*: accept oneself and the situation
  - *Emotion Regulation*: reduce emotional suffering and negativity, build positive experiences
  - *Interpersonal Effectiveness*: relationship skills, assertiveness, and self-respect
- Goals:** To decrease the following behaviors:
- Feelings of chaos
  - Intense, unstable mood swings
  - Impulsivity
  - Confusion about self and negative thinking patterns
- When:** The group is held weekly throughout the year. Please call the number below for more information.
- Where:** American Foundation of Counseling Services  
130 E. Walnut St. 7<sup>th</sup> Floor  
Downtown Green Bay  
(920)437-8256
- Cost:** Some health insurance and medical assistance accepted.
- Facilitators:** Kim Marohl, LPC  
Heather Grasse, LCSW  
Dawn Vardis, LPC