



Carolina Partners in Mental HealthCare, PLLC

DBT Group Announcement – Kick off the New Year with a new outlook!

Beginning January 6, 2011 on Thursdays from 6:00pm to 8:00pm

1055 Dresser Ct. Raleigh, NC 27609

Carolina Partners in Mental HealthCare, PLLC is pleased to announce a new Dialectical Behavioral Therapy group for patients with Borderline Personality Disorder, eating disorders, mood disorders or self-injurious/suicidal behavior. In the group the patient will focus on:

- Interpersonal effectiveness skills
- Emotion regulation skills
- Distress tolerance skills
- Core mindfulness skills

The group will be held weekly on Thursday evenings from 6:00-8:00pm at our main Raleigh office and will run for approximately 5-6 months. The patient would need to make the commitment to complete the entire group in order to be exposed to all of the DBT skills. The cost will be **\$50 per session with refreshments and materials included**. This is not covered by insurance, so the cost would be an out-of-pocket expense for the patients. This is also a psychoeducational skills group, not a group therapy session – the patients will be learning different skills each week and putting them into practice. The skills group will work in conjunction with the patient's regular individual therapy appointments.

If you want to know more about DBT, you can visit this website: www.behavioraltech.com for more information!