

Weekly Dialectical Behavior Therapy (DBT) Group

Dialectical Behavior Therapy (DBT) is focused on enhancing clients' capabilities by teaching them behavioral skills. Research has shown DBT to be effective in reducing suicidal behavior, non-suicidal self-injury, psychiatric hospitalization, treatment dropout, substance use, anger, and depression and improving social and global functioning.



Learn how to communicate your needs and wants more effectively, manage your emotions, improve your relationships, be present and mindful, tolerate distressing situations, and have better relationships.

Connect with other people who are also struggling with similar problems.

The 2019 DBT Skills Group is open to anyone age 16+.

The next group starts Monday, January 7th at our Hilliard location from 6:30 to 7:30 PM.



Call today to sign up (614-664-3595) or sign up in the office!