

Dialectical Behavior Therapy (DBT) Skills Group



Do you struggle in your relationship with food? Would you like to learn skills to make peace with your plate? Then this group is for you! Please join this small group of up to 6 members, and enrich your life with the practice of DBT Skills.



This 8-Week Therapy Group will explore the four primary DBT Skills, with specific applications to recovery from eating disorders & food addiction:

- *Mindfulness Meditation*
- *Emotion Regulation*
- *Distress Tolerance*
- *Interpersonal Effectiveness*

Each week, you'll discover a new DBT Skill, and learn applications to your recovery and everyday life.

FOR MORE INFO, CONTACT:

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REGISTER ONLINE AT:

PositivePathways.com/workshops-and-groups

**Positive
Pathways**
OF RECOVERY

165 Cook Street, Suite 10 • Denver, CO 80206

Wednesdays, 6:00 - 7:30pm
August 30 - October 18

~ \$345 (pay in full by 8/30) – SAVE \$55 ~
(or make 2 payments of \$200)

The group is facilitated by Rebecca Sculley, MA, NCC, LPC – an Eating Disorder Intuitive Therapy (EDIT)TM Certified Counselor. Rebecca has a Master of Arts Degree in Counseling Psychology and Counselor Education from the University of Colorado Denver, and additional training in Dialectical Behavior Therapy (DBT). Group co-facilitated by EDITTM Counselor Interns.