



**BUILD THE LIFE
YOU WANT**

Elisabeth Rehn, LICSW



EMOTION REGULATORS

Making a difference through
Dialectical Behavioral Therapy (DBT)



VIRTUAL 90 MINUTES, ONCE WEEKLY DBT SKILLS TRAINING GROUPS

Accepting new group members every week!

Emotion Regulators provides 90 minutes weekly Virtual DBT skills training groups for adults. The groups are an effective step-down option from more intensive treatment programs including Partial Hospitalization (PHP) and Intensive Outpatient (IOP). These groups will also benefit any individual as an addition to weekly individual therapy. No prior DBT skills training knowledge required!

The fee is \$60 each week. There are reduced rates available for those experiencing financial hardship, please ask for more details. I am an out-of-network provider. The commitment for group members is one month at a time. It will take close to 9 months to review the full curriculum.

Please complete a 'Contact Me' form on my website emotionregulators.com to schedule a Zoom consultation

Looking forward to collaborating with you for the best possible care of our mutual clients! Please direct interested parties to my website where they may complete a 'contact me' form.

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