

# Creating a Life with Meaning



## Dialectical Behavior Therapy (DBT) Group

Managing emotions is hard to do, and we all experience an array of overwhelming feelings in our day to day life. Dialectical Behavior Therapy is an approach that can be used to recognize and channel overwhelming emotions into productive choices. By learning to control reactions, you will begin to gain better control of your life. The purpose of this group is to help adults that have struggled to successfully manage stressful situations and emotions. In this class, you will learn specific tools and exercises that will help you understand what to do to make a better choice and how to do it. Space is limited, and as with most DBT group offerings, commitment to weekly attendance is required.

**When:** Weekly on Tuesdays, 5:30 - 7:00 p.m. *The group structure is open. Members will graduate from the group and rotate into the group on a rolling basis.*

**Where:** Group Health Cooperative  
Hatchery Hill Clinic  
3051 Cahill Main, Fitchburg  
In the first floor Group Room #109

**Facilitator:** Wendy Abel, LPC

**Cost:** This group is generally covered by insurance. Some benefit plans may require a co-payment, deductible, or coinsurance. For benefit questions, please call Member Services at (608) 828-4853 or toll-free at (800) 605-4327, and request Member Services.

**Registration:** Please contact Wendy at 608-661-7227. She will reach out to you prior to your starting the group for more information and screening for group need and readiness.

### The goal of DBT Group is to:

- Learn to think mindfully
- Figure out how to better tolerate stress
- Understand ways to regulate emotions
- Find ways to be better in relationship with self and others.



# BETTER TOGETHER<sup>SM</sup>

Group Health Cooperative of South Central Wisconsin (GHC-SCW)  
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