



SERNA SOLUTIONS
Counseling • Coaching • Consulting

DBT SKILLS GROUP FOR ADULTS

WHEN: TUESDAYS 12- 1:30 PM

WHERE: ONLINE

SIGN UP TODAY: (505)207-8929

BUILD A LIFE WORTH LIVING

Dialectical Behavior Therapy (DBT) is a research-based approach that helps individuals manage intense emotions, reduce impulsive urges, and improve communication. This in-person group offers a supportive space to learn and practice DBT skills that promote mindfulness, stronger relationships, and emotional resilience.

WHO CAN JOIN?

Adults 18+ who are looking to:

- Better manage overwhelming emotions
- Improve relationships
- Be more present and mindful
- Create a more meaningful life

WHAT WE COVER:

The group follows the DBT Skills Training Manual and focuses on four core modules:

- Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness

MEET THE THERAPISTS:



Mary Evans, LPCC
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