

DBT-s Group

with
Valerie Photos PhD

This group is for people whose emotions get the better of them, disrupting plans, relationships, thinking and contributing to impulsivity including drug or alcohol use.

In each session we will cover a set of skills aimed at managing urges and cravings, avoiding opportunities and cues to use, reducing behaviors conducive to drug use, increasing healthy social networks, and coping ahead for stressful events. We'll work on identifying personal red flags, describing emotional experiences, and helping each other recognize when we are in predictable mind states that lend themselves to use. The dialect of abstinence vs harm reduction, and the feelings thoughts and actions that dwell within each stance, anchors the treatment.

Please contact Valerie first

(857) 598-2808

www.psychgarden.com

Tuesday @ 6:30pm

**90 Concord Ave
Belmont, MA**

Fee: \$100

**After one session, we ask for
a commitment to 8-weeks**