

# MINDS OVER MATTER

A 2.5-Hour Dialectical Behavioral Therapy  
(DBT) Workshop For Adults



## WHAT IS DBT?

Dialectical Behavioral Therapy (DBT) is a modified type of Cognitive Behavioral Therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.

DBT is an effective aid in learning the techniques needed to manage the inevitable challenges in front of us every day. These skills lead to a more meaningful, intentional life.

## THIS WORKSHOP

In this workshop you'll get an introduction to skills that can help you understand emotions and how to regulate them, strategies to tolerate uncomfortable realities, and find more peace and purpose in life.

## WHAT YOU'LL LEARN

### 1. What is 'Dialectics' and How Does It Apply?

How do you 'come to terms' when two seemingly conflicting things are true at the same time?

### 2. Enhance Mindfulness and Find Balance

Find out how to focus on the present and live in the moment.

### 3. Understanding Emotions & Their Purpose

Understanding is the first step towards regulation. Learn steps to feel in control of your emotions.

### 4. Cope with Challenging Emotions and Situations

Discover skills to help you slow down and focus during periods of emotional turmoil.

## LED BY:

**Nicole Topp, LPCC-S.** Nicole is a Licensed Professional Clinical Counselor, with Supervisory Designation, and a Registered Art Therapist. She has a Master's degree in Counseling and Art Therapy from Ursuline College.

SPOTS ARE LIMITED!

**BOOK NOW**



Held in Avenues' Wellness Center  
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