

Interpersonal Effectiveness Training & Mindfulness Skills with Evidence-Based Dialectical Behavior Therapy Skills Training (DBT)



Serenity is not freedom from the storm, but peace amidst the storm...

facilitated by Lisa Wessan, LICSW, CLYL, RM

Do you want to learn how to better manage your...

Overwhelming Feelings?

Social awareness?

*Conversational skills? Reduce anxiety
with small talk?*

*Attention and Focus? Staying in the
Present, Mindfulness?*

*Negative Judgments about
Self and Others?*

Polarized, All-or-Nothing thinking?

Set healthier boundaries?

Heal old patterns of codependency?

If you answered "YES" to three or more
questions, this program will benefit you.

● The DBT Skills Training group is for people who want to learn how to cope more effectively with intense emotions, problematic thoughts or behaviors (i.e. negative thinking, self-harm, substance use, polarized or suicidal thinking), and relationship struggles.

● The course covers Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance skills over one year. This work successfully reduces self-destructive behaviors and increases more adaptive ways to manage painful emotions. Learning DBT Skills results in more peak performance and fulfillment in your life.

TUESDAY EVENINGS: 7:30 - 9:00 PM EST

WHEN: 14-weeks, January 6 – April 7, 2026 WHERE: Zoom Classroom

FEES: New students pay \$1700 for the first semester (this includes one Intake session).

Continuing students pay \$1400 (\$100/week per 90-minute group session)

If you are new, please see the FAQs, full calendar, DBT videos and registration information
at www.lisawessan.com.