



AYESHAH A. BULLS,
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CERTIFIED DBT THERAPIST



REGISTRATION OPEN

DBT SKILLS COUNSELING GROUP

WHAT IS DBT?

Dialectical Behavioral Therapy is a highly effective Evidence Based Therapeutic Intervention that offers skills to Change Problem Behaviors, Become more Mindful, Get a Handle on Intense emotions, Improve Relationships and Manage stressful situations more effectively.

WHAT SKILLS ARE LEARNED??

- Mindfulness
- Emotion Regulation
- interpersonal Effectiveness
- Distress Tolerance Skills



**CALL 412-231-1258
TO REGISTER**



WHEN

DBT Skills Group is a 26-Week Group that will begin Wednesday, September 27th and every Wednesday evening thereafter.



WHERE

Project Destiny, Inc.
1810 Fulton Street
Pittsburgh, PA 15233



Email Ayesah Bulls for more
information at:
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