

Is your child struggling with intense emotions, depression, anxiety, relationship conflicts with friends and family, or suicidal/self-injurious behaviors?

If so, our DBT skills training class might be the right support for you!

Dialectical Behavior Therapy (DBT) is an evidence-based therapy that teaches skills in the areas of Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness.

Who is Eligible to Participate in the DBT Training Class?

- Individuals ages 12-20 who meet regularly with an individual therapist (this is a requirement)
- Parents (at least one parent *must* attend each class)

Facts about the Class

- 16 weeks, meeting Tuesdays from 5:00 – 6:30pm
- Taught by Julie Pelletier, PhD & Kyle Hancock, PhD
- Various insurances accepted; please phone for details
- Cash price: \$50 per class or \$720 if paid in advance (10% discount)

**CALL MT. LOGAN CLINIC TODAY TO
RESERVE YOUR CHILD'S SPOT!**

(435) 750-6300