



EMOTION REGULATION AND DISTRESS TOLERANCE

ONLINE GROUP FOR PEOPLE AGED 16 +

We are offering a group therapy and skills development program for adults experiencing difficulties in emotions, distress, anxiety and relationships.

This program is based upon skills developed for dialectical behavioural therapy.

In this program we will:

- Explore how we think and build mindfulness practises in our everyday experiences and routines.
- Develop skills in identifying, expressing and working with our emotions.
- Build skills in communication: learning how to assert ourselves, strengthen our relationship with others and increase our confidence and self - respect.

Sessions are running for 6 weeks from 3pm - 5pm every week from July 16 - August 20.



For more information, or to register your interest, please reach out:

✉ clinic@acap.edu.au

➤ acap.edu.au/psychology-clinic/

Groups are facilitated by final stage students under close supervision of experienced professionals.