Regulating Emotions: Mindfulness, distress tolerance, and interpersonal effectiveness skills

Learn dialectical-behavioural therapy techniques

Dialectical-behavioural therapy combines cognitive-behavioural techniques for emotion regulation to help you learn to cope with high emotional reactivity, and develop healthy ways to manage distress when feeling overwhelmed.

More details

› Each session will present a selection of skills in mindfulness, interpersonal effectiveness, and emotion regulation that you can practice between sessions and apply to your own life experiences.
› You could benefit from this group if you are feeling overwhelmed by emotions; have chaotic friendships or dating relationships; have difficulty coping at times or use harmful coping strategies (ex. self-harm, substance abuse, disordered eating, etc.); feel unsure of yourself; or feel that life is overwhelming.
› This group is led by Beth Bower RN, MTh, RSW, RMFT and runs for 6 weekly sessions.
› Note: The group will not meet on Thursday, February 22, 2018.

WHEN
February 1, 2017
1:30 p.m. to 3:00 p.m.

WHERE
Counselling Services
Needles Hall North
2nd Floor, Room 2447

Registration is by referral. Learn more:
uwaterloo.ca/campus-wellness