



## **Coping Skills Group** **Based on Dialectical Behavior Therapy**

### **We All Need A Little Support Sometimes**

This therapy group is designed for adults with many different emotional and relationship problems. The goal of the group is to help you develop balance in your life through skill acquisition based on empirically-validated treatment interventions.

- This group is designed to:
- Help you learn and refine skills in changing behavioral, emotional, and thinking patterns associates with problems causing distress.
  - Help you deal with relationships.
  - Help you understand emotions and how to regulate your feelings.
  - Help you cope with impulsiveness and develop distress tolerance.
  - Help you improve your sense of self.
  - Help you focus on looking within your self for problem solving.
  - Give you an open forum to gain insight, information, and support.
  - Give you a safe, neutral, non-judging space to share your feelings, thoughts, and concerns.
  - Provide a group experience wherein others can help you brainstorm for effective problem solving.

**Using empirically-validated treatment methods,  
in a supportive and therapeutic environment,  
we will help you develop a personal plan for success.**

- When: Please contact for current information  
Where: Lepage Associates, 5842 Fayetteville Road, Suite 106, Durham  
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)  
Cost: \$80.00 per session (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement)

**To Register: Download a registration form from our website; Call 572-0000  
or email [kjones@lepageassociates.com](mailto:kjones@lepageassociates.com)**

**Space is limited so register now to reserve a spot!**

**[www.lepageassociates.com](http://www.lepageassociates.com)**