

Accept

Mindfulness

Focuses on improving the ability to accept and be present in the current moment

Change

Emotion Regulation

Covers strategies to understand, manage and change intense emotions that are causing problems in a person's life

Distress Tolerance

Strives to increase tolerance of negative emotions rather than trying to escape from them with problem behavior

Interpersonal Effectiveness

Consists of techniques to communicate with others in a way that is assertive, maintains self-respect and strengthens relationships

10-Week Virtual Skills Training Class

Kelsey Roth, LMHC

