

CENTENNIAL MENTAL HEALTH CENTER, INC

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being.



Dialectic Behavioral Therapy– DBT Skills Group

What is Dialectic Behavioral Therapy?

The Merriam Webster Dictionary defines Dialectic as “the process or art of reasoning correctly.” DBT Skills training provides the tools and coping skills to deal with emotions in healthy and positive ways, in order to “reason correctly.” These skills are taught in a safe, supportive environment by clinical staff who have DBT skills training. Individual therapy is an additional support that consumers receive throughout the course of the group. Individual therapy aids in the application and reinforcement of DBT skills outside of the therapeutic setting.

What are DBT Skills?

- ◆ Mindfulness
- ◆ Distress Tolerance
- ◆ Emotion Regulation
- ◆ Interpersonal Effectiveness

Gain information on how these valuable skills can be applied in your life to effectively manage your emotions and behaviors in order to improve your relationships and quality of life.

“Accept no one’s definition of your life, but define yourself.”
Harvey Fierstein



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Our Motto: Helping communities change - one life at a time.