

Online DBT Skills Program

Gain lifechanging dialectical behavioral therapy (DBT) skills from the comfort of home.



With our convenient online DBT skills program, you can expect:

Staff that's extensively trained in DBT

Weekly individual sessions

Daily DBT skills groups

Daily Diary card for use in therapy

Collaboration with outpatient team

Learning DBT skills is one of the most effective ways for managing a mental health condition. And to do that in a familiar environment at times that work for you can make it even more impactful.

Through this special online program, you'll learn:



Mindfulness Skills

DBT mindfulness teaches you to stay present in the moment with awareness and without judgment, helping you respond intentionally.



Distress Tolerance Skills

Distress tolerance skills help you cope with crises and intense emotions safely by accepting reality and using strategies to get through difficult moments.



Emotion Regulation Skills

Emotion regulation skills build the ability to understand, manage and change emotional responses to reduce intense feelings and increase emotional stability.



Interpersonal Relationship Skills

These skills help you communicate clearly, set healthy boundaries, and maintain positive relationships while still honoring your own needs.

Find hope and healing with our online DBT skills program today. For more information, call 1-844-466-5141.

discoverymood.com



DISCOVERY
Mood & Anxiety Program
Mental Health Treatment