

**Glassman
Psychological Services,
LLC**

Dialectical Behavior Therapy (DBT) - Based Groups



**Mondays, 11am (Women's Group)
Wednesdays, 5pm (Young Adults)**

**New groups offered upon request and with sufficient interest.*

DBT is a treatment developed by Dr. Marsha Linehan for people with difficulties in the following areas:

**Mindfulness
Emotion Regulation
Distress Tolerance
Interpersonal Effectiveness**

**Stephanie K. Glassman, PsyD
Licensed Psychologist**



Dr. Glassman is a licensed psychologist with over 30 years of experience providing integrative psychotherapy for individuals and families. She also offers consultation to other professionals and community agencies.

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www.GlassmanPsyD.com

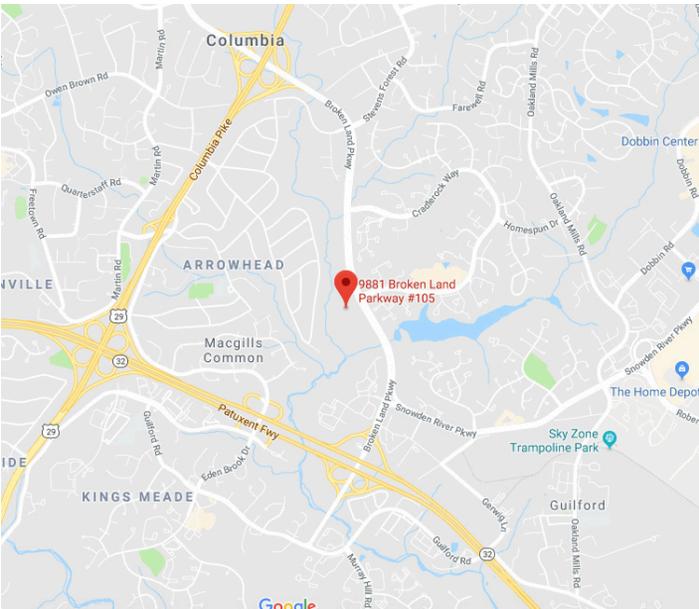
Stephanie K. Glassman, PsyD
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Contact

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DBT-Based Groups are educational in nature but also involve an element of support. You will learn about the philosophy underlying DBT as well as a set of skills that help people improve self-regulation. Other material is integrated as needed. DBT helps people connect to their body and mind's signals in a particular way, one that allows them to use that information to their best advantage. It also helps them manage emotions, improve relationships, and get through crises safely. It helps them reduce misery and increase happiness. It has been shown effective for many disorders, including but not limited to personality disorders, eating disorders, trauma disorders, mood disorders, anxiety disorders, impulse control disorders and addictions.

Groups are ongoing, and members stay as little or as long as they feel they benefit. Membership in the group is determined by an initial interview. All participants must be in ongoing individual therapy, agree to group guidelines and sign a release. Sessions last 50 minutes. Insurances accepted include Medicare, Maryland Medicaid and Tricare Standard PPO. Self-payers are given statements, so they can pursue out-of-network benefits.



Suggested Materials to Purchase:

Marsha Linehan's DBT Skills Training Handouts and Worksheets, *Second Edition*