DBT Group: Managing Emotions
When: Thursdays, starting September 20th, 2018
4:30 - 5:45 p.m.

Facilitators: Lavanya Devdas, Ph.D., and Karin Belser, Ph.D.

- Regulate emotional distress, and manage challenging emotions
- Increase interpersonal effectiveness in your relationships
- Learn to treat yourself with compassion rather than judgment

Membership: Open to all undergrad and grad students who have a tendency to experience strong emotions or changes in mood, or experience distress in their day to day life.

To join (or for more info): Email Dr. Karin Belser, kb683@cornell.edu or Dr. Lavanya Devdas, ld364@cornell.edu

Visit our webpage for information on groups:

https://health.cornell.edu/services/counseling-psychiatry/group-counseling