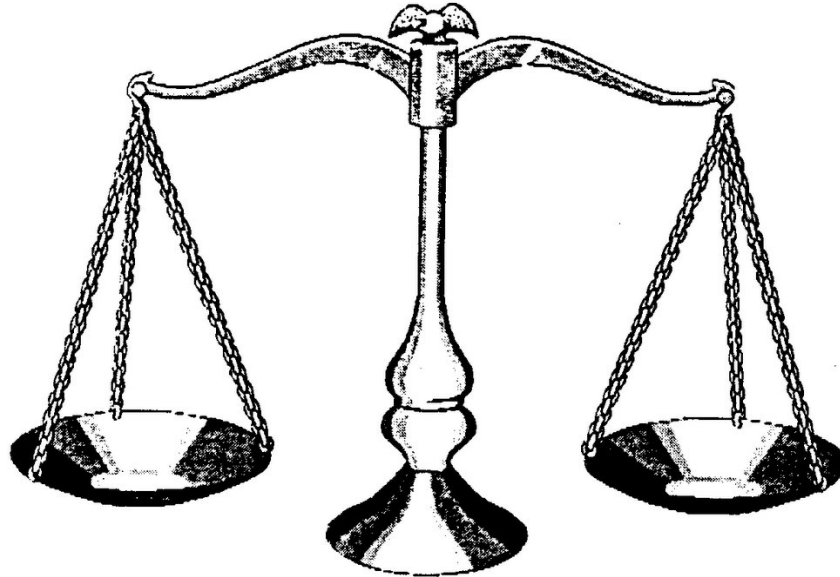


# Finding a Balance

Through Dialectical Behavioral Therapy



## Explanation of Program:

DBT is designed to help individuals who struggle with coping in a healthy manner. Through individual sessions and skills training sessions, clients learn a healthier lifestyle through setting boundaries and making wiser decisions.

## Population Group:

Adolescent and Early Adult Females who struggle with impulsive and/or destructive decisions

## Time:

**Skills Training Sessions:** Wednesdays from 4:00PM to 5:30PM

**Individual Sessions:** By appointment

## Location:

Delmore Counseling, LLC  
100 East Campus View Blvd  
Columbus, OH 43235  
(614) 888-8400  
[megan.mottet@delmorecounseling.com](mailto:megan.mottet@delmorecounseling.com)