



Dialectical Behavior Therapy via
Silber Psychological Services

COLLEGE & YOUNG ADULT

ONLINE DBT SKILLS GROUP

*Spaces Available for both NC and
Out-of-State Participants

**WEDNESDAYS
10:00-11:15AM (EST)**

Starting September 2023; Rolling Entry

*Out-of-State clients residing in participating
Psypact states are eligible. Call or email for more
details.

Skills Taught:

- Emotion Regulation
- Distress Tolerance
- Interpersonal
Effectiveness
- Mindfulness



**CONTACT: 919-876-5658 OR
INFO@SILBERPSYCH.COM**