



**BLUEPRINT
MENTAL HEALTH**

Designers of a Better Tomorrow

2017 DBT SUMMER SERIES

*This is not your typical
DBT training...*

Learn DBT skills through real world scenarios, pop culture references, and more!

Mindfulness

Distress
Tolerance

Outpatient DBT Skills Training *for Teens*

Emotion
Regulation

Wednesdays 12 - 1 p.m.
beginning July 12

Middle
Path

Interpersonal
Effectiveness

What is DBT?

DBT, or Dialectical Behavioral Therapy, is a skills-based therapy that helps individuals struggling with anxiety, depression, bipolar disorder, borderline personality disorder, and other mental health issues cope with stressors, regulate emotions, and improve relationships.

CONTACT

John Mopper, LAC
(908) 256-6965

info@blueprintmentalhealth.com

68 North Bridge Street
Somerville, NJ 08876

Just \$299 for 8 weeks!