

Virtual DBT Skills Group For Adults

Tuesdays
6:00pm-7:30pm
with Leslie Crea-Kammerer, PsyD

Insurance Accepted:
BCBSIL PPO, BlueChoice PPO,
Aetna,
UnitedHealthcare/Optum PPO

Self-Pay: \$60/group

Need-Based Sliding Scale Available



Dialectical Behavior Therapy (DBT) is a research-backed treatment model that offers support and skills to help with:

- Managing Mood Swings or Intense Feelings of Sadness, Anxiety, or Anger
- Reducing Risky, Impulsive, or Destructive Behaviors
- Self-Esteem and Identity Issues
- Improving Relationships and Assertiveness Skills
- Calming your Troubled or Racing Mind

I have seen DBT change people's lives - I would love to see it help you as well!!

Advanced Psychology Services
2835 North Sheffield Avenue
Suite 516
Chicago, Illinois 60657

Reach out to SIGN UP or schedule a FREE CONSULTATION
Email info@advancedpsychologyservices.com
Online Scheduling via our website:
www.advancedpsychologyservices.com
Or call 773-234-0695