

# DBT-U

TUESDAYS 2-3PM

This is an open 8-week skills based group for students to learn and develop coping skills. This group is specifically for students who have difficulties in emotion regulation and interpersonal relationships, and would like to develop better crisis management skills. Group members will learn mindfulness, interpersonal effectiveness and communication strategies, emotion regulation, and distress tolerance skills in a structured and supportive learning environment.

WITH DR. JENNA TEMKIN &  
ALEXANDRA AMERSDORFER, M.S.

Email [counselingcenter@utdallas.edu](mailto:counselingcenter@utdallas.edu) to get started!

