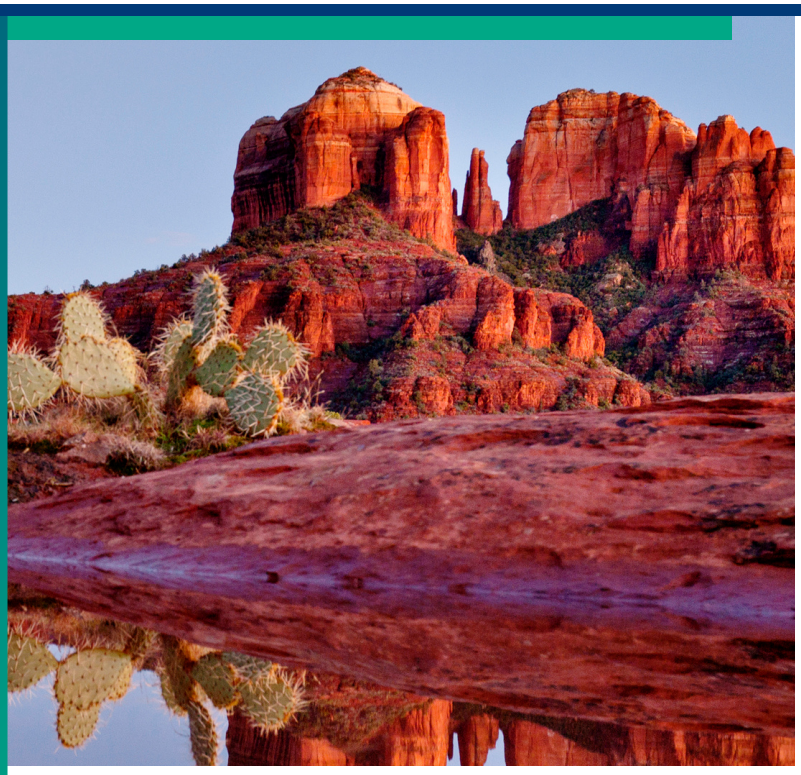
Northern Arizona Healthcare

Dialectical Behavioral Therapy (DBT)

A virtual group scheduled each Monday at 1 p.m.



DBT sessions can help you learn how to better manage your life with reduced emotional ups and downs, improved relationships, assertive communication and better distress management.

Use DBT skills to improve:

- Interpersonal relationships
- Distress tolerance
- Emotional regulation
- Mindfulness

Ask your primary care provider if this DBT is right for you.

Please check to see if these sessions are covered under your insurance policy and if a copay is expected.

Contact Psychologist, Sherri Ruggiero, PhD, for more info: Sherri.Ruggiero@NAHealth.com

Scan the code for more info

or visit NAHealth.com/NHgroups