



Adult DBT Skills Training

Lighthouse Behavioral Health Center is currently accepting referrals for adults to participate in our DBT Skills Training Group.

To participate in the group, individuals must have an outpatient therapist who is DBT-informed and willing to coordinate with the group facilitators to ensure an integrated approach.

Dialectical Behavior Therapy (DBT) addresses and treats extreme emotional intensity and behaviors. It is a combination between traditional cognitive behavioral therapy and eastern philosophy. That eastern philosophy is meditation, self-acceptance, and walking the middle path. It is blended with cognitive behavior therapy concepts, such as looking at how one's thinking impacts their emotional experience, environment, and behaviors. It helps individuals learn how to find balance between acceptance and maintaining a strong commitment to change and improve overall quality of life and relationships.

The adult DBT skills group provides a platform for individuals to learn and practice skills for mindfulness, emotion regulation, distress tolerance, walking the middle path, and interpersonal effectiveness. Each module is 6 weeks.

The adult group is open to males and females aged 18 and older. A pre-screening appointment is required.

Wednesdays 2:30pm-3:30pm at
8310 Midlothian Turnpike, N. Chesterfield, VA 23235.
To submit a referral please call (804) 447-6382.



Helping you find the way to a healthier, happier you!