



NEW! - Therapy Group for Dialectical Behavior Therapy (Space is LIMITED!)

Sessions are available for those living in Michigan, Texas and Florida.

- When:** Will be determined
Time: To be Determined with the Group Participants (Eastern Time)
Where: Via Google Meets (Online)

Helping you work through DBT Therapy in a Group Session

Do you struggle with extreme, intense emotions? People that demonstrate destructive behaviors, and experience intense emotions, may also have mental health complications. DBT is a form of Talk Therapy that helps participants focus on identifying and positively changing negative thought patterns and behaviors. Research has shown that DBT can be used to treat many disorders and is an effective tool for clients of all ages. DBT therapy in a group setting can benefit all participants by providing a source of motivation and support needed to be successful. Participants are encouraged to share helpful tips and ask for suggestions to help deal with any issue in a supportive, judgment free environment.

What will these sessions provide you?

- A place to discuss with *others who share similar experiences/struggles*, under the guidance of a trained therapist who can provide clinical interventions.
- Learn skills (focus of DBT) to live in the moment, coping skills to deal with stress, identify emotions, and respond positively.
- The feeling of relief knowing there are solutions, and *you are “not alone.”*
- Comfort of knowing others *really understand* your daily trials, are willing to listen, as well as provide needed and appropriate support and encouragement to you!

The program will be run by Brandy Goins, PhD ABD, LSOTP, CSTIP, CTMHP. Brandy is licensed in the states of Florida, Michigan and Texas.

Brandy Goins, Phd (ABD), LPC is certified in DBT and has over 20 years’ experience with both civilian and government positions. She is a Licensed Sex Offender Treatment provider specializing in domestic and sexual abuse, addictions, and trauma. She specializes in a range of mental diagnoses such as schizophrenia, schizoaffective disorder, bipolar disorder, and dissociative identity disorder. <https://heartandmindcounseling.com/about-brandy/>

Cost: These monthly sessions \$45 per session (**excluding** materials, if any) if paying privately. Or, we accept Aetna PPO, Blue Cross PPO plans, Blue Care Network in MI, Medicare (MI), Medicaid, and United Health/Optum if you have coverage for group sessions and want to use insurance.

Please contact Marc Seguin call/text (248) 505-8620 or email mseguin@heartandmindcounseling.com for payment options or questions.

Or you may reach out to (707) 815-0374, or email admin@heartandmindcounseling.com if you have additional questions. **Sign up NOW - Space is LIMITED!**