

Creating a life worth living

WJCS Clinics Provide Dialectical Behavior Therapy

WJCS offers Dialectical Behavior Therapy (DBT) at its clinics throughout Westchester County. Developed by Marsha Linehan, PhD, DBT is an evidence-based treatment shown to be successful at helping individuals reduce and cope with intense emotions and difficult-to-manage behaviors. The goal of DBT is to *create a life worth living*.

DBT can help with:

- ◆ Regulating intense, painful emotions
- ◆ Controlling life-threatening and life-interfering behaviors
- ◆ Managing difficult interpersonal relationships
- ◆ Fostering more life balance

WJCS clinicians provide a comprehensive treatment model that includes individual psychotherapy, skills training and telephone consultation. Our clinics also offer Adult, Adolescent and Multi-family Skills Groups at various day and evening times.

WJCS clinics are located in Hartsdale, Mt. Vernon, Peekskill and Yonkers.

For more information, contact:

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Strengthening lives. Shaping futures