



**DR. ERIN MIGA  
INTRODUCES A 10-WEEK:**

# **DIALECTICAL BEHAVIOR THERAPY (DBT) FOR COUPLES GROUP**

We offer a safe, private space to learn how to be ***less judgmental, more affectionate and grateful***, and ***communicate so that you*** (and your partner) ***feel heard***, while being supported by relationship experts.

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**COUPLES OF ALL ORIENTATIONS &  
BACKGROUNDS WELCOME.**

# DETAILS

**When:** Wednesdays, tentatively starting October 2023

**Where:** Virtual, HIPAA-compliant Zoom

**Cost:** \$200/couple per session. We also offer scholarship spots.

Persons of color and those from disadvantaged backgrounds are particularly encouraged to apply.

**Who:** Folks struggling to manage life stress, stay present with each other, and are experiencing conflict during this difficult time.

**Session format:** Each session will include mindfulness, didactics, and space (separate from the big group) to practice new skills with your partner and a skills coach.

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**Eligibility:** Must reside in WA state. We ask that those participants with suicidal or self-injurious behavior are also in individual therapy.

**SPOTS ARE LIMITED!**

Please contact Dr. Miga to sign up:  
[erin@drerinmiga.com](mailto:erin@drerinmiga.com)

