



**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.

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

DETAILS

When: Wednesdays, tentatively starting March/April 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.

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

