

# INTERPERSONAL EFFECTIVENESS ONLINE DBT GROUP FOR ADULTS

Due to popular demand, and having successfully run their DBT group online, Vivamus is offering another module in their DBT group virtually, providing people aged 21 and over with core skills to manage their emotions and improve interpersonal relationships.

Interpersonal Effectiveness is an 8-week skills-based group designed to help participants:

- Gain balance in their life
- Get what they want and need
- Say no to others when necessary
- Build mastery and respect
- Manage relationships
- Handle conflicts.

**Timings:** Tuesdays January 9th - February 27th 2024  
4.30pm-6.30pm. UAE time



**Facilitator:** Dr. Rebecca Ferguson, Psychologist and DBT Practitioner

**Location:** Online. Link to HIPAA compliant platform will be sent upon registration.

**Investment:** 4900 AED for 8 2-hour sessions.

(This equates to 306 AED per hour as opposed to 1020 AED per hour.)

*"I was very resistant to DBT initially, the thought of a group didn't sit well with me. Now, after 2 rounds of DBT, I wish I had done it sooner. It is by far the best thing I have ever done. I didn't know it was possible to be this calm and in control of my emotions...*

*Dr. Rebecca, you are simply fabulous."*

Anonymous testimonial



For registration or more information: [hello@vivamus.me](mailto:hello@vivamus.me) and 04 4403844