

DBT SKILLS

Sharla Mize, LPCC

About Me

Sharla Mize is a seasoned therapist providing **virtual skills training groups** for **adults 18+**. I am licensed in KY, TN and CA. I am comprehensively trained in DBT. I have provided training in DBT for over 13 years.

The Modules

Emotion Regulation

Mindfulness

Distress Tolerance

Interpersonal Effectiveness

Contact Info

For more information:

- **sharla@sharlamizetherapy.com**
- **615-785-5562**

About the Group

When?

Tuesdays 5:30-7:00 EST

2:30-4:00 PST

November 7, 2023-

April 9, 2024

How much?

Intake session: \$150

\$200/month for 4 months

Call or email for an intake!