



LIVING SUCCESS CENTER

DIALECTICAL BEHAVIORAL GROUP

445 E. 17th Street, Suite E, Costa Mesa, CA 92627
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Dialectical Behavioral Therapy (DBT) is a type of cognitive therapy which identifies and changes negative thinking and provides skills for positive behavioral changes. DBT is effective for anyone struggling with mood regulation. Approved attendees will commit to attend a 2 hour group and 1 hour individual session each week for 6 months. The fee will be set according to each individual's ability to pay.