WHOLEHEART
psychotherapy

DBT Group Offerings

24-week commitment
$195 for 50 minute interview | $67 per session

In Person Teen DBT Group
THURSDAYS
6:00 PM - 7:00 PM

Adult In Person DBT Group.
MONDAYS
6:15 PM - 7:45 PM

Women's Adult Virtual DBT Group
THURSDAYS
10:45 AM - 12:15 PM

Adult Virtual DBT Group
WEDNESDAY
6:15 PM - 7:45 PM

This weekly, interpersonal process and educational group is designed for individuals seeking to enhance their emotional regulation, interpersonal effectiveness, and mindfulness skills through Dialectical Behavior Therapy (DBT).
Participants will explore:

~ Core DBT Skills: Learn and practice the four primary modules of DBT—Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness—empowering you to manage emotions and improve relationships.

~ Understanding Dialectics: Discover the concept of dialectics to help balance acceptance and change in your life, fostering a more flexible and resilient mindset.

~ Real-World Application: Engage in practical exercises and discussions that facilitate the application of DBT skills in daily situations, enhancing your ability to cope with stress and navigate challenges effectively.

~ Supportive Community: Benefit from a safe and collaborative environment where you can share experiences, gain insights, and build connections with others on a similar journey toward emotional wellness..

To set up an interview or for more information, please call Dr. Arnold at
404-964-6629

Tara Arnold, PhD, LCSW, CEDS-S

Dr. Tara Arnold is a dedicated Licensed Clinical Social Worker with a Doctorate in Social Work, specializing in the treatment of eating disorders and substance abuse. With intensive training in Dialectical Behavior Therapy (DBT) and certification as an Eating Disorder Specialist from the International Association of Eating Disorder Professionals, she brings a wealth of knowledge and expertise to her practice. Additionally, Dr. Arnold is Level 3 RO DBT trained, further enhancing her therapeutic approach.

Since establishing her private practice in 2003, Dr. Arnold has been a passionate advocate for mental health education, serving as a national educator in DBT and eating disorders since 2000. She offers both individual and group therapy, fostering an empathetic and nurturing environment where clients can feel safe and supported on their journey to healing.

Dr. Arnold's warmth and compassionate presence create a sacred space for connection and growth, allowing clients to explore their challenges with trust and openness. Her love of learning fuels her curiosity and engagement, enabling her to provide tailored support that resonates deeply with those she works with.

In addition to her therapeutic work, Dr. Arnold conducts individual and group supervision for fellow therapists, focusing on enhancing clinical skills, particularly in DBT and eating disorder specialization. She provides valuable case consultation, practice development, and ethics training, ensuring that mental health professionals are equipped with the knowledge and skills needed to excel in their practice.

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