



# DBT & CBT For EXE

**A Skills and Therapy Group for College Students  
Struggling with Executive Dysfunction,  
Procrastination and Low Motivation.**

**Core Concepts:  
Mindfulness, Distress Tolerance,  
Emotion Regulation, & Interpersonal Effectiveness**

**The group is led by Liana Morgens, Ph.D., and meets once a week. This group will combine traditional Cognitive Behavioral Therapy with Dialectical Behavioral Therapy to manage anxiety and behaviors that interfere with personal and academic goals.**

**Group Dates/Time: Wednesdays 6:30 - 8:15 p.m., October - May.**

**Screening, Assessment, and Pre-Registration Required  
(781) 237-3200**



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