

# BLUE DOOR PSYCHOTHERAPY



Summer 2020

[www.bluedoorpsychotherapy.com](http://www.bluedoorpsychotherapy.com)

## UPCOMING DBT SKILLS GROUPS

Each skills group meets one time per week for 90 minutes, on-line (\$150 per group).

### Emotional regulation:

Beginning the week of August 3, 2020.

### Distress Tolerance:

Beginning the week of September 28, 2020

### Thinking and acting dialectically:

(Advanced I) Beginning the week of September 28, 2020

### Interpersonal effectiveness:

(Advanced II) Beginning the week of August 3, 2020

## BLUE DOOR SERVICES

As a center for individual, marriage, and family therapy, we provide mental health services for persons and their families across the life-span. Our specialties include issues of childhood and adolescence such as behavior issues, disabilities, and depression and anxiety; adult development and aging issues such as addiction, divorce, grieving, self-injury and suicidal ideation; and family issues such as stress and communication issues. Our team is well prepared to address many of the difficulties facing you today.

Blue Door Psychotherapy is fortunate to have clinicians that vary in experience from the newest clinician (clinical interns) and associate licensed professionals who work under direct supervision of an independently licensed clinician, to experienced clinicians/supervisors who are leaders in their field. This allows us to provide you exceptional service for very reasonable fees. We do not accept insurance, and at the starting low rate of \$30 per clinical hour we find our services to be quite accessible.

## DBT SKILLS GROUPS

Skills groups are shown to be effective alone or together with ongoing therapy. At Blue Door we use DBT (Dialectical Behavioral Therapy): our groups are for people who want to effectively approach their emotional, behavioral, and interpersonal challenges in a fun, friendly, and nonjudgmental environment. You will learn effective skills to help you live a peace-filled life even when people around you are difficult. DBT is a type of cognitive behavioral therapy that teaches participants how to live in the moment, cope healthily with stress, regulate emotions, and improve relationships with others. DBT has been the subject of more than 30 years of scholarly research and practice: there is evidence of its usefulness as a set of tools for enlightenment as well as its appropriateness to address issues of PTSD, Trauma, and Suicidal thinking



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*You can live a peace-filled life even when  
people around you are difficult*

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The right door to new opportunities

**520-388-9180**

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