

GOT STRESS? GET DBT.

SKILLS TRAINING & SKILLS CONSULT JANUARY - APRIL 2021

You will learn the most effective skills for building the experiences you want when you participate in each of three DBT Skills Training groups. DBT (Dialectical Behavioral therapy) provides a widely researched set of skills that are effective with the most difficult situations of suicidal thinking and self-harm. If you or your loved one are struggling with mental health or addiction issues, or you simply want to be more effective in your relationships overall, these skills are winners. There are three primary content areas of skills training: Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness.

Learning the skills is a beginning. Often participants want to continue improving their use of the skills, and a consultation group helps you do just that. When you have taken each of those 8-week Skills Training Groups at least once, you are ready for the Skills Consult Groups where we apply the skills of acceptance and change to issues most important to you.

Distress Tolerance

Learn to tolerate, accept, and make meaning from difficult experiences. Coping skills such as mindfulness, self-soothing and acceptance are used to manage crisis situations and decrease distress.

Interpersonal Effectiveness

Doing what works to build and maintain healthy relationships is challenging. Learn the skills to build and maintain healthy relationships while maintaining self-respect. Experience a balanced approach to dealing with what life throws your way.

Emotional Regulation

How do you survive an emotional tsunami? Identify and surf your emotional waves by effectively focusing on the present moment, being informed by the past, and actively coping ahead.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Skills Group Interpersonal Effectiveness 7-8:30 AM 1/19/21 – 3/9/21	Skills Consult Interpersonal Effectiveness 6-7:30 PM 1/20/21 – 3/9/21			
				Skills Group Distress Tolerance (Addiction) 2 – 3:30 PM 2/4/21 – 3/25/21		
				Skills Group Distress Tolerance 6:30-8 PM 2/18/21 – 4/8/21		

EACH GROUP IS 8 WEEKS LONG, AND THE TOTAL COST IS \$200
(8 WEEKS AT \$25 PER WEEK).

For more information, please contact us at info@bdpsy.com or visit www.bluedoorpsychotherapy.com.