



Advanced Skills for Everyday Life A Skills and Process Women's Group

Influenced by Dialectical Behavior Therapy (DBT)

Mindfulness:

Practice staying present, not dwelling on the past, and treating yourself with kindness.
(Every class)

Emotion

Regulation:
Practice recognizing, observing, and taking responsibility for your emotions.
(Jan 24-Mar 14)

Distress

Tolerance:
Practice skills to get through difficult life situations without making things worse.
(Spring 2018)

Interpersonal

Effectiveness:
Practice building and sustaining healthy relationships.
(Fall 2018)

Join this transformative group to develop greater self-awareness, enjoy better relationships, reduce stress, and bolster emotional resilience.

Prior DBT experience is required.

Time: Wednesdays 12:00 pm – 1:30 pm, Jan 24-March 14, 2018

Location: 925 Lincoln Avenue, Louisville, CO 80027

Fee: \$350 per 8 week segment

Facilitators: Co-led by Polly S. Douglass, LPC & April Pojman, LPC

Contact: Polly at psdcounseling@gmail.com or 720 316-7616

Or April at april@lions-breath.com or 303 997-2267