

Basic Skills for Everyday Life

A Co-ed DBT Skills Group

Based on the Dialectical Behavior Therapy (DBT) Skills Workbook
by McKay, Wood & Brantley

Mindfulness:

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

Distress

Tolerance:
Practice skills to get through difficult life situations without making things worse.
(Jan 24-Mar 14)

Emotion Regulation:

Practice recognizing, observing, and taking responsibility for your emotions.
(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.

No prior experience necessary, all are welcome

Time: Wednesdays 9-10:30am, 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