

DIALECTICAL BEHAVIOR THERAPY - ACCELERATED (DBT-A) SKILLS TRAINING PROGRAM

CLIENT INFORMATION

**If you are coping with your life the best you know how, AND you want to do better,
these skills are for you!**

Hello! Thank you for your interest in the Dialectical Behavior Therapy-Accelerated (DBT-A) Skills Training Program. My name is Pati Anderson. I am a Licensed Professional Counselor in private practice in north Scottsdale. The DBT-A program consists of 4 different sets of skills (modules): mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. Each module meets for 2-hours, once a week, for 4-6 weeks. All skills training incorporates mindfulness acceptance strategies and cognitive and behavioral change strategies.

DBT-A Skills:

- ☼ **Mindfulness** - Increase awareness of the present moment and the ability to focus and concentrate. Find your "self." Learn how to facilitate balance in life.
- ☼ **Cognitive Behavioral** - Explore and understand the connection between how you think, feel (emotionally and physically), behave, and interact with others. Then learn SKILLS to help you think, feel, behave, and interact more effectively!
- ☼ **Distress Tolerance** - Discover the skills that can help you tolerate the tough times, and reach your goals, without resorting to impulsive, self-destructive, or unwanted behaviors.
- ☼ **Interpersonal Effectiveness** - Improve relationships and self-esteem by learning how to set boundaries, resolve conflict, ask for what you want (and get it more often), and say no (and make it stick).
- ☼ **Emotion Regulation:** Learn how to manage emotions more effectively. Move from emotional extremes to emotional balance.

Please note:

- ☺ The best time to learn these skills is when you are relatively stable and can focus on learning and practicing new skills. If you are in constant crisis, suicidal or self-harming it is best to focus on stabilization before starting the group.
- ☺ This is Skills Training (more like a classroom environment) and NOT a processing group. You will be learning a large amount of material at an accelerated rate.
- ☺ Adult women and men, 18 years old or older, are welcome in group.
- ☺ Seeing an individual therapist on a regular basis is the best way to make the most of your group experience.
- ☺ New clients are admitted (space permitting) at the beginning of each new module.

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SCHEDULE & FEES

- ⊗ Groups are small: typically 5-8 members. Openings are filled on a first-come basis.
- ⊗ The **fee** for each DBT-A module is \$300 (4 sessions-Mindfulness Module) or \$450 (6 sessions-all other skills modules); check, cash, debit, or credit card accepted. Payment is due 2 weeks prior to the beginning of class and there is no refund for missed classes. (Exception: Mayo clinic employees pay per-session co-pay; fee for any missed class (\$80) is the responsibility of the client.)
- ⊗ If you would like to **register** for DBT-A, please schedule a 30 minute information and evaluation session with Pati Anderson where we can decide together if this group is right for you.
- ⊗ **Fees include** the information/evaluation session, group sessions, and DBT-A training materials.

GROUPS MEET
TUESDAYS 5:30-7:30 p.m.
Optimal You
(office of Pati Anderson)
8114 E Cactus Rd #240
Scottsdale, AZ 85260
Map/Directions available at patianderson.com

2011 Schedule

Dates and Times subject to change
Additional groups may be added as needed

INTERPERSONAL EFFECTIVENESS

June 28, July 5, 12, break, July 26, August 2, 9

EMOTION REGULATION

September 6, 13, 20, 27, October 4, 11

DISTRESS TOLERANCE

November 1, 8, 15, 22, 29, Dec 6

Thank you for considering this program! Please contact me for more information.

Pati Anderson, MC, LPC
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