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

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

Anyone can benefit from these skills. Standard DBT Skills Training takes up to a year to complete. This is an "accelerated program" that can be completed in about half the time. The DBT-A program consists of 3 different sets of skills (modules): distress tolerance, interpersonal effectiveness, and emotion regulation. Each module is 6 weeks long; the group meets for 2-hours, once a week. (Total of 18 weeks of training if all modules are attended.) During the first week of each module, we discuss basic mindfulness skills (the "core" skills of DBT) and cognitive-behavioral skills. 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 "true 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 feel your emotions without becoming overwhelmed by them.

**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, are 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. Groups are small, 5-8 people.
- ☼ New clients are admitted at the beginning of each new module.
- ☼ Seeing an individual therapist on a regular basis is the best way to make the most of your group experience.
  
- ☼ Please contact Pati Anderson (602) 625-1414 for more information.
- ☼ Mental Health Professionals: Please contact Pati Anderson (602) 625-1414 for more information on how your clients may benefit from this program.

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## MINDFUL LIVING

### Practical Life Skills

The Best of DBT, CBT, and ACT

I developed this very special program with a colleague. It consists of 3 skills modules based on the concepts underlined below. You will learn skills found in Dialectical Behavior Therapy (DBT), Cognitive Behavior Therapy (CBT), and Acceptance and Commitment Therapy (ACT). Each module is 5 weeks long; the group meets once a week for 2-hours. (Total of 15 weeks if all modules are attended.)

Our personal and professional experience has taught us that a mindful life is one that is lived with an ongoing commitment to one's values. We have learned that such a life unfolds from the mindfulness practices of being aware in the present moment with acceptance of reality as it is and compassion for yourself and others.

- ⊗ AWARENESS of Internal and External Experience
- ⊗ Residing in the PRESENT MOMENT / ACCEPTANCE of Reality As It Is
- ⊗ COMPASSION for Yourself and Others/ SKILLFUL ACTION in Accordance with Your Values

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