

MINDFUL LIVING

Practical Life Skills

The Best of DBT, CBT, and ACT

CLIENT INFORMATION

Hello! Thank you for your interest in the **Mindful Living - Practical Life Skills** program.

"A mindful life is one that is lived with an ongoing commitment to one's values.
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. "

My name is Pati Anderson. I am a Licensed Professional Counselor in private practice in north Scottsdale. This program was developed with a colleague as an alternative to standard DBT skills training. It consists of 3 skills modules based on the concepts underlined above. You will learn skills found in Dialectical Behavior Therapy (DBT), Cognitive Behavior Therapy (CBT), and Acceptance and Commitment Therapy (ACT) . Each 2-hour group meets once a week for 5 weeks. Goals of the group are to:

- ☼ 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, and behave more effectively!
- ☼ Increase awareness of the present moment and the ability to focus and concentrate. Find your authentic *self* and learn to relate to your *self* with compassion.
- ☼ Discover the skills that can help you tolerate stressful times, and reach your goals, without resorting to impulsive, self-destructive, or unwanted behaviors.
- ☼ Improve relationships and self-esteem by learning how to set boundaries, resolve conflict, express opinions, ask for what you want (and get it more often), and say no (and make it stick).
- ☼ Learn about emotions and how to have *your* emotions in a balanced way.

Please note:

- ☺ The best time to learn these skills is when you are relatively stable and can focus on learning and practicing new skills.
- ☺ This is Skills Training (more like a classroom environment) and NOT a processing group.
- ☺ 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.

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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 Mindful Living module is \$375 (5 sessions, due 2 weeks prior to beginning of class); check, cash, debit, or credit card accepted. 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 Mindful Living, 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, five 2-hour group sessions, and all training materials.

GROUPS MEET
MONDAYS from 5:30 - 7:30 pm
Optimal You
(office of Pati Anderson)
8114 E Cactus Rd Suite 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.

AWARENESS of Internal and External Experience

July 11, 18, 25, Aug 1, 8

Residing in the PRESENT MOMENT

ACCEPTANCE of Reality As It Is

September 12, 19, 26, October 3, 10

COMPASSION for Yourself and Others

SKILLFUL ACTION in Accordance with Your Values

November 7, 14, 21, 28, December 5

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

Pati Anderson, MC, LPC
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