

DIALECTICAL BEHAVIOR THERAPY SKILLS TRAINING GROUP

SUMMER GROUP

Co-Leaders:

Carol Miles, LCSW

Kimberley Christensen, GSW

Dialectical Behavior Therapy Skills Training has proven effective for a range of problems, including Eating Disorders, Substance Abuse, Post-Traumatic Stress Disorder, Anxiety, Depression, Borderline Personality Disorder, and Obsessive Compulsive Disorder. It is effective particularly for those struggling with overwhelming emotions or difficulty managing distress. This group will focus on four key areas for creating lasting life changes:

- Emotional Regulation
- Distress Tolerance
- Interpersonal Effectiveness
- Mindfulness

The weekly 90 minute group sessions will offer step-by-step exercises for learning these concepts and putting them in place for real and lasting change. By participating in a skills-oriented group, group members benefit from a structured, positive peer experience geared towards learning and finding solutions to ongoing life stressors.

Length of group: 14 weekly sessions

Beginning Date: Tuesday, May 26, 2009

Meeting Time: Tuesdays, 10-11:30am

Location: 1426 Amelia St, New Orleans, 70115

Cost: \$1050 total (\$75/session); sliding fee scale available.

****All group members must be in individual therapy (with the therapist of their choice) and must commit to attending and paying for all group sessions.**

For more information or to make a referral, please call Kimberley Christensen at Jewish Family Service (504) 831-8475.