

GROUP THERAPY

Southglenn/Centennial

Is DBT for me?

If you experience frustration from troubling or self-destructive patterns, such as mood swings, addictions or substance use problems, poor performance, emotional overwhelm and/or frequent relationship turmoil, then DBT can provide the structure, support, and life skills that will assist you in turning your life around for the better.

Meet the Facilitators

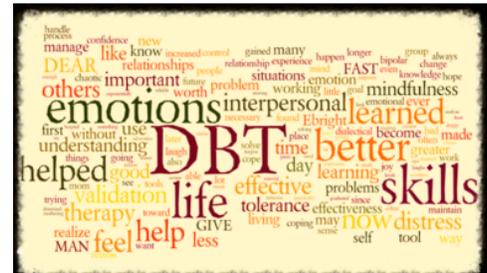
Eric Blommel, MA, MFTC, and **Sarah McKelvey, MA, LPC,** are psychotherapists in private practice, passionate about supporting people into emotional health and effective lives.

Please call
Sarah McKelvey,
MA, LPC
for more information

720.663.8827

What is DBT?

Dialectical-Behavior Therapy is one of the most empirically-researched therapy modalities for treating people who suffer from significant emotional dysregulation and prolonged relationship difficulties. First conceived in the 1980s, DBT was systematically designed to help people build concrete, practical skills for mindful self-awareness, emotional development, stress management, and the cultivation of a baseline of wellbeing.



What is technology-assisted DBT?

Traditionally, DBT groups facilitate skills-based training in paper format, with bulky binders and worksheets that are filled out by hand. In this innovative DBT format, students will have access to



DBT curriculum as well as self-assessment and tracking tools through the use of downloads, apps, and other digital resources. The aim of this format is to help students integrate DBT into their daily lives with increased ease-of-use and access, as well as reengineer the

learning process through contemporary technology.

TECHNOLOGY-ASSISTED DBT

DBT Schedule

**2305 E. Arapahoe Rd.
Suite #123
Centennial, CO 80121**

Thursdays, 12-130pm

Module 1

April 5-May 24, 2018

Module II

June 7-July 26, 2018

Module III

August 9-September 27, 2018

\$500 per module

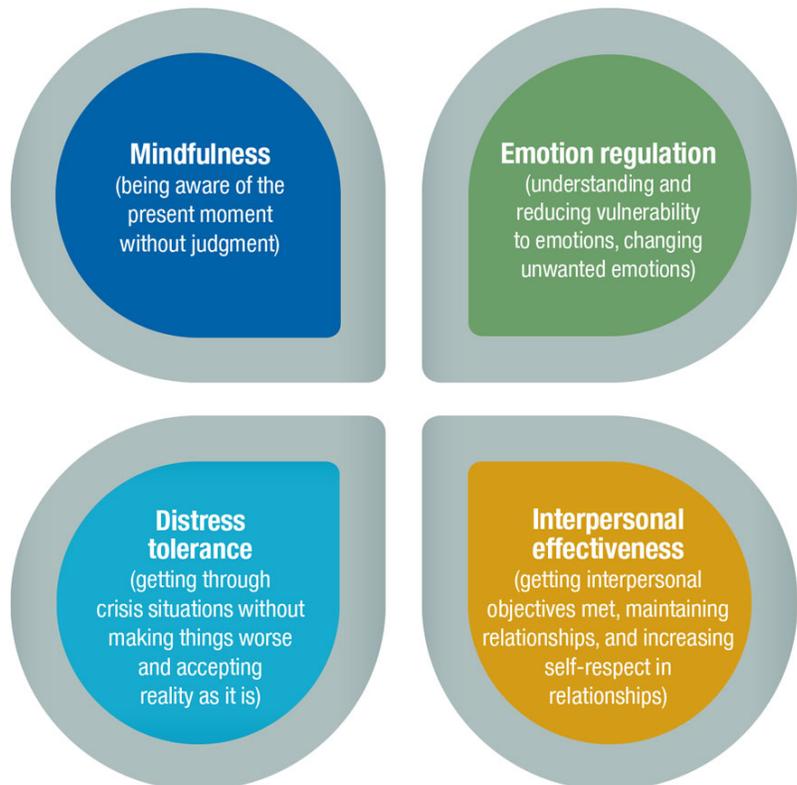
What should I expect after completing DBT?

DBT group therapy arms you with an arsenal of tools that improve emotional intelligence and assists you in dealing effectively with previously challenging situations. DBT skills improve emotional resiliency and seek to eliminate self-defeating behaviors.

What is the format?

Unlike traditional, open-ended process or support groups, DBT group therapy is highly structured, following a set curriculum that teaches core skills bolstering psychological health and equipping students with applicable techniques that help them more skillfully navigate and more effectively deal with their everyday life problems, stressors, and life situations.

As a small group (6-8 students), we will cover the comprehensive DBT curriculum across three 8-week modules.



DBT, dialectical behavior therapy.

Infographic taken from "Dialectical Behavior Therapy Skills Training Is Effective Intervention", an article published by PsychiatricTimes.com in March 2016.