

Roger Fenn and Associates
DBT
Skills group training

Members need to have an individual therapist.

Members need to commit to completing one full group therapy module, which is 6 months in duration.

If interested in joining our group, please call and ask office staff to schedule a brief interview to see if you are eligible for DBT groups.

Groups will be help on Monday evenings from 6:30 to 8:00 starting January 18th.

Refreshments' will be provided with a fifteen minute break for each hour.

Call 513-932-2386 to schedule an interview.

www.rfcounseling.com

A supportive skills group therapy for people experiencing problems regulating their emotions, difficulty handling interpersonal situations, feelings of emptiness, thoughts of suicide, or urges to self-harm or use.

DBT skill groups are based on Marsha Linehan's psychosocial skills training. DBT groups are not intended to replace individual therapy. DBT is used to enhance your therapy between sessions and to provide a group environment in which members can refine and learn new coping skills for everyday use. The skills help members change cognitive, emotional and behavioral patterns that are causing them distress.

**ROGER FENN, LPCC
AND
ASSOCIATES**

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*Dialectical
Behavior
Therapy
(DBT) Group*



Roger Fenn, LPCC
Licensed Professional
Clinical Counselor

513-932-2386

Who can benefit from DBT?

Do you have trouble controlling your emotions?

Do little things upset you?

Do you cry and not know why?

Do you have rocky relationships?

Do you binge eat?

Do you restrict?

Do you engage in self-harming behaviors?

Are you thinking of suicide?

Do you feel empty inside?

Do you use substances to escape from your emotions?

If you answered yes to these questions, then DBT skills group could help you discover how to lead a better quality life using more effective coping skills.

Benefits of DBT

Participants will learn how to create a life worth living by utilizing the following skill sets:

1. **Core Mindfulness**

Derived from Zen teachings, about living in the moment, and being aware of your Senses

2. **Emotion Regulation**

Learn to recognize emotions, decrease emotional vulnerability, and increase positive Emotions

3. **Distress Tolerance**

Learn to tolerate the present moment and survive crises.

4. **Interpersonal Effectiveness**

Learn to effectively ask for what you need and say no to what you don't need without feeling guilty or ashamed.

What is DBT

DBT combines techniques of Cognitive Behavioral Therapy with principles from Eastern traditions, like meditation, and is used to treat a variety of issues, like anger control problems, depression, personality disorders, disordered eating, and substance abuse issues.



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