

DBT SKILLS CLASSES

**MONDAY EVENINGS FROM 6:30-8:15
IN THE CHAPEL HILL/DURHAM AREA AT
HOPE VALLEY PSYCHOTHERAPY
ASSOCIATES, LLP
(near I40 and Highway 54 intersection)**

Call Elaine Burgwyn, Ph.D. 419-3110 or 942-0299

ABOUT DBT

DBT, or Dialectical Behavior Therapy, is a treatment designed to help emotionally sensitive individuals to develop skills to cope with life's stresses.

Members of our classes come from a variety of backgrounds and struggle with different kinds of problems, including depression, anxiety, eating disorders, obsessional thinking, relationship difficulties, self-harm, poor anger management, and attention deficit disorder.

The class lasts for one year, and covers four main topics.

Interpersonal Effectiveness training focuses on learning how to get what one wants and needs in an interpersonal situation without sacrificing the relationship or one's self-respect. This module is particularly helpful for people who have trouble maintaining relationships.

Emotion Regulation focuses on enhancing control of emotions. These skills can be useful to people with emotional ups and downs, intense emotional reactions, chronic depression or anger problems.

Distress Tolerance focuses on learning to tolerate distress and survive crises without engaging in impulsive behaviors, such as drinking, drug use, binge-eating or over-spending.

Core Mindfulness focuses on learning to access one's internal wisdom. In this module, we also teach skills for stress reduction, including relaxation techniques and brief meditation.