

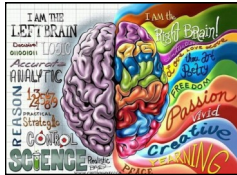
"The primary purpose of DBT Skills Training is to create a life worth living."
by Marsha Linehan Developer of Dialectical Behavior Therapy



Living Better: Life Skills Training

Based on the principles of Dialectical Behavior Therapy (DBT)

THE LIVING BETTER GROUP



The **Living Better Skills Training Group** is a 7-week group experience designed for all types of people who are looking to learn and practice specific skills to reduce chaos and confusion in their lives so that they can be more happy, healthy, and successful.

The **Living Better Skills Training Group** is based on the evidenced-based principles of Dialectical Behavior Therapy (DBT) and incorporates TWO of the four modules of DBT: **Core Mindfulness** and **Distress Tolerance**. Each of these modules is described more thoroughly on the back to this announcement, "**What is DBT?**". By learning and practicing the skills in each of these modules, group participants learn how to:

- Develop greater self-awareness and self-esteem
- Interact more effectively in all kinds of relationships
- Tolerate and manage distressing feelings and reactions
- Break the cycle of depression, anxiety, and compulsivity

"The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves; is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently."

by Pema Chödrön

from *When Things Fall Apart: Heart Advice for Difficult Times*

LIVING BETTER GROUP INFORMATION

The **Living Better (DBT) Skills Training Group** will begin on **September 12, 2013** and is limited to eight (8) participants.

**Meets Thursdays from 5:30pm-7pm for seven (7) weeks

LIVING BETTER GROUP REGISTRATION

To register for the **Living Better (DBT) Skills Training Group** or for more information please contact Kristen Beau Howard either by email or phone:

**Email: Kristen@MyBrightFuture.org

**Phone: 970.949.3344