



## Individual Skills Training Programs

**Do you want to be more skillful? Would you like to increase awareness, being present and improve your life? Do you want to learn researched-based coping skills to achieve your goals in relationships, work, and life?**

Mindfulness-based skills have been researched for over 25 years. Mindfulness, DBT and RO-DBT can help you with every day or chronic challenges. Mindfulness is considered the core skill, as awareness is often the first step in making changes in our lives.

Learning new skills can help you to replace problem behaviors with more skillful behaviors, so you can start living the life you want. It is important to not repeat old patterns that no longer work or may make things worse. While we cannot “unlearn” behaviors, we can “learn” over them, which is the good news.

Come and learn concrete skills to be more effective and meet your goals. We will start with awareness by better understanding your coping style, then prioritize challenges in your life and match them with a corresponding program and skills to implement first.

### Mindfulness-based skills programs:

- **Mindfulness:** Learn the “what” and “how” of mindfulness and states of minds
- **Dialectical Behavior Therapy (DBT):** Learn coping skills to increase awareness, manage emotions, have positive relationships, and cope with distress
- **Radically Open Dialectical Behavior Therapy (RO-DBT):** Learn coping skills to be open, flexibly-respond, and feel truly connected in relationships
- **Supplemental workshops:** Mindful leadership, Mindful Parenting, DBT and RO-DBT parenting

**\*Includes: Skill handouts, diary cards, and homework practices. Individual skills training provides education, support, and individualized plans. Scheduled by appointment; length varies per program.**

**Cost:** \$175 per session/workshop or copay.

**Location:** Choose Well-Being Psychology Education, online Zoom availability

**Contact:** Call Erin Driskill, LCSW at Choose Well-Being Psychology Education at 503-208-3101 to schedule or visit [www.choosewellbeing.org](http://www.choosewellbeing.org) to learn more.