

RADICALLY OPEN DBT SKILLS CLASS FOR ADULTS



**Be More Open-Minded
Respond With Flexibility
Feel Deeply Connected**

Do you avoid taking risks or speaking up at home, school or work? Are your relationships somewhat distant? Are you overly cautious? Despite being surrounded by others, do you feel like you don't truly belong anywhere? Are you an over-thinker that tends to internalize your emotions?

Come explore how to put joy back in your life! Learn concrete, research-based skills to loosen up your temperament (the way you are wired) so it works for you and not against you.

These skills are particularly helpful with perfectionism, social signaling, overwhelm, loneliness, and internalized anxiety or depression. This class offers new skills to change your old patterns, enhance connectedness, increase flexibility, and open up to possibilities in your life.

When: Individual skills training by appointment

Class is 30 weeks in duration, rolling enrollment

*6 week minimum commitment required

Cost: Most insurance accepted or copay.

Location: Choose Well-Being Psychology Education
2929 SW Multnomah Blvd. #306 Portland, OR 97219

*For questions or to enroll in this class contact:

Erin Driskill, LCSW at 503-208-3101

Space is limited. Register today!

