

Relief  
Skills  
*Hope*

Southern Arizona's  
home for quality DBT  
and competency focused  
family therapy

## Our Mission

Our mission is to provide individuals and their families relief from the emotional and physical toll of interpersonal conflict and change. Our clients are adults, teens, and children experiencing behavioral and/or emotional challenges of their own or a loved one. We prioritize serving clients promptly with skilled clinicians in a comfortable environment, applying empirically supported methods in individual and relationship therapy.

The dream of Blue Door Psychotherapy began in 1989 when Vicki Loyer, PhD, LMFT had the privilege of studying under Marianne Walters, MSW, founder of the Family Therapy Practice Center of Washington DC and leader of the Women's Project in family therapy. The opportunity to provide research supported family mental health care while providing a setting for the training and support of the next generation of marriage and family therapists came into being in Tucson, Arizona in 2015.

## Contact Us

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*Open the Door  
to Possibilities*

## Individual Therapy

We offer a **strength-based approach to mental health**, working with clients from early childhood through late aging. Whether you are dealing with **depression, anxiety, behavioral challenges, or general loss and grief**, we will meet you where you are at and provide **treatment that is uniquely suited to your needs**.

## Dialectical Behavioral Therapy

Are you or someone you love self-injuring or having thoughts of suicide? Research has supported **Dialectical Behavioral Therapy (DBT)** as the **preferred model of treatment** for the most distressed clients and their families. DBT is a unique approach to mental health in that it involves four required aspects:

- Individual therapy
- Skills groups
- Telephone coaching
- Therapist consultation groups

At Blue Door Psychotherapy, we adhere to all four aspects of the DBT criteria allowing us to provide you with the best care possible. In DBT you will learn to change negative thinking patterns, **develop positive behaviors**, and **increase positive relationships** in your life.

We also provide groups for friends and families to learn DBT skills and manage in ways that are most helpful when a loved one is struggling.

## Family Therapy

Grounded in the notions that all behavior is logical, and that there are many ways to get to the same outcome, you and your clinician will **discover the solution to more effective interactions** and decrease the patterns that are causing distress. As experts in human and family development through life, we help you to **create connection in the most challenging situations**. Couples and family therapy can help you:

- **Assess your needs** and relationships
- **Understand** your family's ways of interacting
- **Teach you skills** to make your family life more fulfilling

Family therapy is **strength-based** and involves two or more persons identifying as a family. Even if some members of the family refuse participation, **relief is possible**. A change in any one part of the family system will create change in the other parts as well.



**The right therapy  
for rough times**

## Collaborative Law Coaching

Collaborative Law is an innovative process characterized by the **use of cooperative rather than adversarial strategies**. In a Collaborative Divorce Law case, each party is represented by their own attorney as part of a team including financial experts and divorce coaches. Dr. Vicki Loyer is a member of the Collaborative Law Group of Southern Arizona and serves in the roles of child specialist and/or client coach.

If you are considering divorce and are looking for a way to **transition with the most positive impact** coparenting your children, your future finances, and your mental health, call us and learn how this less adversarial approach to divorce can **help you achieve your goals**.

