

Dialectical Behavioral Therapy Skills Groups: February – April 2022

Teens (ages 13 – 17):

Dates: February 22 - April 12	Topic: Interpersonal Effectiveness
Tuesdays, 5pm – 6:30pm	Weekly for 8 weeks
Leader: Tara Gardenhire, LMFT	
Co-Leader: Sarah VanPelt, Ashley Clark	
Location: On Line	Price: \$240

Parents of teens enrolled:

Dates: February 17, 2022, March 17, 2022, and April 21, 2022	Topic: Middle Path Parenting - Behavioral Strategies and DBT basics
Thursday, 5:30pm – 7:30pm	Third Thursday of each month
Leader: Vicki Loyer, PhD, LMFT	
Co-Leaders: Sarah VanPelt, Ashley Clark	
Location: On-line	Price: \$225 per person/\$180 for a second parent to the same child.

Adults

Dates: February 23 - April 13	Topic: Distress Tolerance, Beginning Skills Group
Wednesdays, 5pm – 6:30pm	Weekly, 8 weeks
Leader: Bradley Heimann, LAMFT	
Co-Leader: Ashley Clark	
Location: On-line	Price \$240

Adults

Dates: February 23 - April 13	Topic: Advanced Skills Consultation
Wednesdays, 5pm – 6:30pm	Weekly, 8 weeks
Leader: Vicki Loyer, PhD, LMFT	
Co-Leader: Sarah VanPelt	Prerequisites: Beginning Skills Groups – Distress Tolerance, Emotional Regulation, Interpersonal Effectiveness (or equivalent learning in the Middle Path Parenting skills group)
Location: On-line	Price \$240

Parents of Special Needs Children:

Dates: TO BE DETERMINED	Topic: Middle Path Parenting - Behavioral Strategies and DBT basics
Times:	
Leader: Ashley Clark, MA, Intern	
Co-Leader: Vicki L. Loyer, PhD, LMFT	
Location: On-line	Price: \$225 per person/\$180 for a second parent to the same child.

You will learn the most effective skills for building the experiences you want when you participate in each of three DBT Skills Training groups. DBT (Dialectical Behavioral therapy) provides a widely researched set of skills that are effective with the most difficult situations of suicidal thinking and self-harm. If you or your loved one are struggling with mental health or addiction issues, or you simply want to be more effective in your relationships overall, these skills are winners. There are three primary content areas of skills training: Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness.

For Adolescent (13 – 17) participants, the three primary areas of DBT are taught while focusing on issues that are most relevant to this age group. Parents and other friends and family members who are involved in the adolescents' care are asked to learn the skills as well. Beginning in November we are offering the Emotional Regulation sessions for the Adolescent and The Middle Path for Friends and Families.

Learning the skills is a great beginning. Often participants want to continue improving their use of the skills, and a consultation group helps you do just that. When you have taken each of those 8-week Skills Training Groups at least once, you are ready for the Advanced DBT groups where we apply the skills of acceptance and change to issues most important to you.

Adult DBT

Individual tutoring or groups on demand.

Distress Tolerance

Learn to tolerate, accept, and make meaning from difficult experiences. Coping skills such as mindfulness, self-soothing and acceptance are used to manage crisis situations and decrease distress.

Emotional Regulation

How do you survive an emotional tsunami? Identify and surf your emotional waves by effectively focusing on the present moment, being informed by the past, and actively coping ahead.

Interpersonal Effectiveness

Have you wanted to be more effective in your interpersonal relationships? Learn to achieve your own goals without alienating others or losing your self-respect.

Advanced DBT small group

Participants who have completed all the DBT skills groups at least one time participate in a DBT consultation group that offers support and skills. In this group you experience a balanced approach to dealing with what life throws your way.

Teen DBT

When Teens (13 – 17) participate in skills groups parents are asked to learn the skills as well. At this time, we are offering Interpersonal Effectiveness sessions for the Adolescent and Walking the Middle Path for Friends and Families.

Teens: Interpersonal Effectiveness

Teens Interpersonal Effectiveness focuses on increasing skillful behavior in interactions. Teens will learn to achieve their own goals without alienating others or losing their self-respect.

The Middle Path for Friends and Families

Walking the Middle Path focuses on adolescent family-specific dilemmas, behavior change, and increasing positive interactions in the family. Adolescents are best supported in the use of their new skills when families also learn the skills and have the opportunity to problem solve issues specific to this stage of life. Join us to improve the experience of the adolescent in your life.

Parenting Special Needs Children

Parenting special needs children focuses on family-specific dilemmas, behavior change, and increasing positive interactions in the family when there is a child with special needs. Supporting families in the use of new skills and providing the opportunity to learn from each other makes this a unique opportunity. Join us to improve the experience of the special needs child in your life. **Please contact Ashley to enroll in this group (520-388-9180; Ashley.Clark@bdpsy.com)**

Blue Door Psychotherapy DBT

DBT Skills Groups

To Sign up send your registration form to info@bdpsy.com, or for more information call: 520-388-9180 or send an email to: Info@bdpsy.com



DBT Skills groups:

(All of the groups are on-line)

Participant Information

Name: _____ Date of Birth: _____

Address: _____

Phone number where a message can be left: _____

Email _____

Adult DBT Skills Group: Distress Tolerance: 8 weeks,
 Wednesdays 5:00 – 6:30pm

Adult Advanced DBT (8 weeks, Wednesdays, 6pm –
 7:30). You have completed 3 or more skills groups with
 Blue Door Psychotherapy, or have discussed this option
 with a Blue Door clinician.

Fee	# of participants	Total
\$240		
\$240		

Adolescents

Teen: Interpersonal Effectiveness (8 Weeks,
 Tuesdays, 5:00 – 6:30 pm)

The Middle Path Parenting (1x per month,
 Thursdays, 5:30 – 7:30 pm)

Second family member (must have the same
 adolescent as a focus)

\$240		
\$225		
\$180		



Treatment Contract

PURPOSE OF SKILLS GROUP

The purpose of skills groups involves learning new skills that lead to a balance of acceptance and change. By signing this contract you indicate that you are seeking and consenting to take part in the skills groups facilitated by associates of Blue Door Psychotherapy. You agree to play an active role in your learning, and to communicate with the facilitators any time you will be tardy or will miss group. Participants are asked to commit to the duration of the support group, and they can stop attending at any time.

GENERAL PROCEDURES TO BE USED IN SKILLS GROUPS

Skills groups call for a very active participant effort. For skills groups to be the most successful, the participant needs to work on things that are discussed during group both in and out of session. It is recommended that you also commit to working with a DBT therapist to manage any skills-interfering behaviors that may come up for you during the skills group segment.

Psychoeducation and groups can have benefits and risks. Since we may be discussing unpleasant aspects of life, a participant may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychoeducation and groups have also been shown to have many benefits such as improved relationships, solutions, to specific problems, and significant reduction in feelings of distress, but there are no guarantees of what a participant will experience.

FINANCIAL POLICIES:

You are responsible to pay for the full 8-week program prior to the beginning of the first group session. The fee is not refundable. It is expected that you will do your best to attend all sessions. In DBT we practice a 4 miss rule: **If you miss 4 Skills Group sessions in a row, you will be no longer be enrolled in the DBT Program** and we will ask you to wait out one series before re-applying.

ELECTRONIC MEDIA:

Telemental health practices using a secure internet platform have become standard practice at Blue Door Psychotherapy since the onset of the SARS-CoV-2 pandemic. Blue Door Psychotherapy associates have all participated in continuing education needed to effectively and confidentially conduct therapy via telemental health. To comply with the telemental health licensing restrictions you are asked to assure that you are in a confidential location, free from distractions, and located in the State of Arizona at the time of your therapy. You will be asked to confirm your current location and may be asked to scan the area with your camera prior to the start of your session.

I understand and agree to the above treatment contract:

Signature of Client (or responsible party if client is a minor)

Date

If you do not already have a credit card on file:

Credit Card Authorization Form

Please complete all fields. You may cancel this authorization at any time by contacting us. This authorization will remain in effect until cancelled.

Credit Card Information	
Card Type:	<input type="checkbox"/> MasterCard <input type="checkbox"/> VISA <input type="checkbox"/> Discover <input type="checkbox"/> AMEX <input type="checkbox"/> Other _____
Cardholder Name (as shown on card):	_____
Card Number:	_____
Expiration Date (mm/yy):	_____ VVS Code: _____
Cardholder ZIP Code (from credit card billing address):	_____

I, _____, authorize _____ to charge my credit card above for agreed upon purchases. I understand that my information will be saved to file for future transactions on my account.

Customer Signature

Date

Email that is associated with the owner of this credit card:
