



**Participant Information**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Group(s) you are registering for:

Groups:	Group Leader	8-week sessions
<b>Children, Teens, and Emerging Adults</b>		
<input type="checkbox"/> Adolescent DBT (13 – 18 years old)	<b>Ashley</b>	\$250
<b>Name of participant:</b>	Online	60 minutes per week/8weeks
<b>Age:</b>	Mar 8 - Apr 26, 2023	<b>Wednesdays 3 - 4pm</b>
Groups:		8-week sessions
<b>Adults</b>		
<input type="checkbox"/> <b>Adult Level 1</b> Introduction to Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness.	<b>Bradley</b>	\$250
<b>Name of participant:</b>	Online	90 minutes per week/8weeks
	Feb 8 – Mar 29, 2023	<b>Wednesdays 5 - 6:30pm</b>
<input type="checkbox"/> <b>Adult Level 1</b> Introduction to Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness.	<b>Tara</b>	\$45 drop in rate, \$30/session for 4+ session commitment
<b>Name of participant:</b>	Online	Open Group 90 minutes per week
	Start Date TBD	<b>Mondays 6 – 7:30pm</b>
<input type="checkbox"/> <b>Adult Level 2</b> Participant has completed all three of Level 1 groups at least one time.	<b>Ashley &amp; Dr. Loyer</b>	\$250
<b>Name of participant:</b>	Online	90 minutes per week/8weeks
	Feb 15- Apr 5, 2023	<b>Wednesdays 6 – 7:30pm</b>

**Total Cost:** \_\_\_\_\_

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

Date



*If you do not already have a credit card on file, please complete this form with your registration.*

### 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:**

\_\_\_\_\_



## Blue Door DBT skills groups

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.

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 may be ready for the Advanced DBT groups where we apply the skills of acceptance and change to the 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.

#### Beginning DBT small groups

We offer multiple beginning groups for adults just starting their DBT journey. The adult beginning groups for ages 18+ are also available for anyone who would benefit from learning DBT skills to manage difficult emotions and behaviors. This group offers a safe place to learn and discuss skills while applying it to real life examples in a group setting.



**Adult Beginning Group**

Wednesdays, 5pm – 6:30pm
Leader: Bradley Heimann, LAMFT
Location: Online
Price \$250 for 8 weeks

**Young Adult Beginning Group**

Mondays, 6pm -7:30pm
Leader: Tara Gardenhire, LMFT
Location: Online
Price \$250 for 8 weeks at the beginning of the module OR 1-3 session commitment \$45 per session 4-7 session commitment \$40 per session

**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.

Wednesdays, 5pm – 6:30pm
Leader: Vicki Loyer, PhD, LMFT & Ashley Clark MS
Prerequisites: Beginning Skills Groups – Distress Tolerance, Emotional Regulation, Interpersonal Effectiveness (or equivalent learning in the Middle Path Parenting skills group)
Location: On-line
Price: \$250 for 8 weeks

**Teen DBT**

When Teens (13 – 17) participate in skills groups parents are asked to learn the skills as well. We offer weekly group sessions for Adolescents and bi-weekly sessions for parents or caregivers in Walking the Middle Path for Friends and Families. These groups also utilize the same 3 DBT modules: distress tolerance, emotional regulation, and interpersonal effectiveness in a way that is specific to the lives of teens and their families.

Wednesdays, 3pm-4pm
Leader: Ashley Clark MS
Location: Online
Price: \$250 for 8 weeks

## 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.

**\*This group is not currently being offered. If you are interested, please contact us to discuss options for this curriculum**

## 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.

**\*This group is not currently being offered. If you are interested, please contact us to discuss options for this curriculum**

Blue Door Psychotherapy DBT

*DBT Skills Groups*

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

