



**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.



## Individual and Family Solutions

When you are struggling, personally or with a loved one, you need relief. We provide:

- **Individual Therapy**
- **Dialectical Behavioral Therapy (DBT)**
- **Family Therapy**
- **Equine-Assisted Psychotherapy**
- **Collaborative Law Coaching**

Experience individualized solutions for your specific need. Connect with your personal DBT coach. **Call Blue Door Psychotherapy at 520-388-9180.**



5929 E Pima Street  
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**Southern Arizona's  
home for quality DBT  
and Competency  
Focused Family Therapy**

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*Open the door to possibilities.*



## 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.

## Equine Assisted Psychotherapy

Equine assisted therapy is a fun and effective experiential therapy designed to help clients manage such things as anxiety, trauma, or interpersonal issues and to help small groups bond and/or work more effectively together.

Increase awareness of yourselves and others by participating in an Equine facilitated team building session. Invite 4 - 8 members of your group and enjoy the challenge of working together to accomplish a task.

## Individual and Family 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.

Couples and family therapy can help you assess your needs and relationships, understand your family's ways of interacting, and 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.

### *Will family therapy work for me?*

The clinicians at Blue Door Psychotherapy are specialists in 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 across the lifespan we help you to create connection in the most challenging situations. 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.



**BLUE DOOR**  
PSYCHOTHERAPY

*the right  
therapy for  
rough times*



## 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, and Therapist consultation groups.

At Blue Door, 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.

At Blue Door 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.

### **You can choose your level of participation:**

**Skills groups only:** You would like to learn to manage your responses to disappointments and losses more effectively and are looking for useful skills.

**Skills groups and therapy:** You would like to learn to manage your responses to disappointments and losses more effectively and have the opportunity to work individually on your challenges and be supported with achieving your interpersonal goals.

**Adherent DBT:** You would like to learn to manage your responses to disappointments and losses more effectively and have the opportunity to work individually on your challenges and be supported with the option of DBT coaching calls so that you are able to use your skills in all relevant environments. You are willing to make a commitment to a 6 month DBT program.

**Skills consultation groups:** You have completed 3 skills groups (Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness) and would like to consult with others and continue growing in DBT skills.

**Call or email now to learn how Blue Door's DBT can help you to reduce your suffering.**  
**520-388-9180; [info@bdpsy.com](mailto:info@bdpsy.com)**