

# Coping Skills Seminar

*A DBT-based group to build stress management skills*

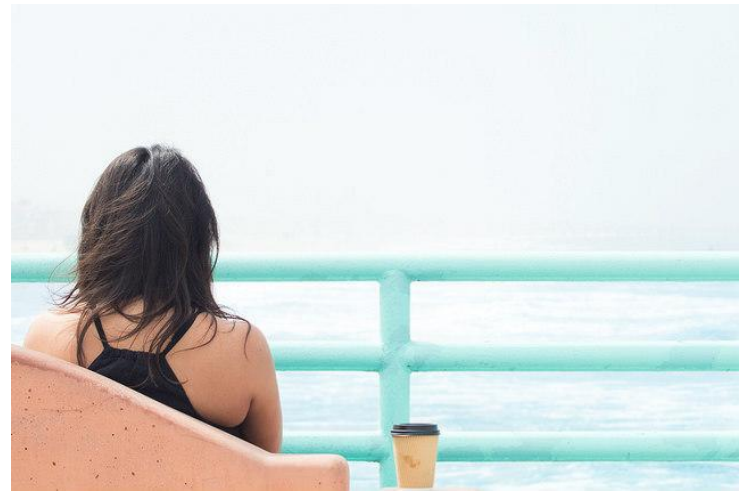
Dialectical Behavior Therapy (DBT) offers a powerful set of stress-management tools that can improve mood swings, impulsivity, unstable relationships, and anxiety. It was the first effective therapy for Borderline Personality Disorder and remains the standard of care for this complex problem. DBT has also been helpful for people who do not have Borderline Personality Disorder but suffer from mood swings due to bipolar disorder, post-traumatic stress disorder, or a major life crisis.

## What to Expect

DBT includes a combination of weekly group skills training, individual therapy and phone coaching, although there are exceptions. The group is different from traditional group therapy in that it involves active learning of new skills, rather than open-ended processing. During DBT you will take an active role in monitoring your progress as you learn and apply new skills to build a better life.

There are four main skills in DBT:

1. *Mindfulness Meditation.* These skills center on learning to observe, describe and participate in all experiences (including thoughts, sensations, emotions and things happening externally in the environment) without judging these experiences as “good” or “bad.”
2. *Interpersonal Effectiveness.* These skills help you successfully assert your needs and manage conflict in relationships.
3. *Distress Tolerance.* During a crisis or major stress, you will learn ways to improve the moment, tolerate the distress, and avoid actions which can make it worse in the long run.
4. *Emotion Regulation.* The skills in this module will help you identify emotional reactions and act wisely in the face of them.



## Costs and Insurance Coverage

Most insurances cover the group, and we also offer sliding-scale program for out-of-pocket costs. The actual cost will depend on your insurance and income but ranges from \$120-240 (for 6 weekly sessions, 1.5 hours each; see next page). There is a \$75 deposit due to reserve your spot and the balance is due before or on the day of the session.

## How to Sign Up

We offer DBT courses throughout the year. Contact us to reserve a spot in the next group. The exact times will depend on everyone’s schedule – including your own – so let us know your preferences and we’ll work to set a time that fits.

NEXT GROUP: Sundays at 2pm, Aug 13-Sept 24 (no meeting Sept 3)

EMAIL: [grouptherapy@moodtreatmentcenter.com](mailto:grouptherapy@moodtreatmentcenter.com)

PHONE: (336) 722-7266

ONLINE: at [www.moodtreatmentcenter.com](http://www.moodtreatmentcenter.com) click “Schedule for... Group Therapy”

## About the Instructor

Julie Gleim, LPC, has worked extensively with DBT in the treatment of trauma, borderline personality and mood disorders. Julie received her Master’s Degree in Counseling from Appalachian State University, with a additional certificate in Expressive Arts Therapy.

## Workbooks

*The Dialectical Behavior Therapy Skills Workbook*, by Matthew McKay, J. Wood, J Brantley (2007).

<b>Group Therapy Sliding Scale for Family of One*</b>										
	<i>Income level is less than:</i>									
	\$20,000	\$30,000	\$40,000	\$50,000	\$60,000	\$70,000	\$80,000	\$90,000	\$120,000	>120000
Group Therapy 6 session	\$120.00	\$130.00	\$140.00	\$150.00	\$170.00	\$180.00	\$190.00	\$200.00	\$220.00	\$240.00

*\*Note: to adjust for dependents, lower your income by \$4,760 x (# dependents)*