Find further balance beyond the core
Join Shaelene for an 8 week skills course focusing on additional skills excluded from the core curriculum. This group is ideal for anyone who has previously completed DBT skills training and would like to supplement their skills learned with additional tools across the modules of mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

Skills and concepts to be covered include:
• Spiritual perspectives on mindfulness such as Middle Path
• Balancing Doing Mind and Being Mind
• Recovering from invalidation
• Burning Bridges from addictive behaviors and building new ones
• Alternate Rebellion and Adaptive Denial
• Dialectical Dilemmas and Managing Extreme Emotions

If you have not previously participated in DBT core skills training, this course may still be suitable for you. Taking this course may help you decide whether or not you would like to further pursue skills training.

Information about the course
Date and Time: Mondays 6:00-7:30 PM
Beginning: 2/20/2017
Session cost: $60 per session, $50 for clients currently enrolled in DBT groups at MTC.
Total course cost for all 8 sessions is due upon registration for the course. Payment plan options are available if needed. No intake session is required. There will be no refunds for missed sessions due to the closed nature of the course.

About the facilitator:
Shaelene Lauriano, MA, LPC, NCC, RYT is a Licensed Professional Counselor and has been intensively trained by Behavioral Tech LLC, the recognized training provider for DBT therapists. Shaelene has a passion for helping others work towards creating a life worth living, and often finds that her own practice of using skills is what helps her most effectively help her clients.

Questions? Contact Shaelene at:
SLauriano@MTC-Healing.com
(609) 353-5608, x7015

Limited 8-week course starts 2/20/2017 and meets Mondays 6:00 - 7:30.
Contact Shaelene to reserve your spot!