

Tuesday Mornings
or Wednesday
Evenings

10 weeks of
2-hour classes

Inner Solutions™ Mission

To understand and to help ... by providing empirically supported treatments with compassion and expertise. To help clients: *learn it, live it, and lend it* ... to others by example.

Dialectical Behavioural Therapy

Skills Training Classes

Mindfulness, emotion regulation,
distress tolerance, and
interpersonal effectiveness skills

Program Fees

Please note, client pays fees for professional services, and receipts will be issued. Clients can submit these receipts to their own health insurance benefit provider or can be used as a medical expense on income taxes.

Please visit innersolutions.ca for details on current DBT Skills program fees and dates.

Payment

We accept Visa, Mastercard, Cheque, Cash or e-transfer. Session Fees must be paid in full in advance of start-date. *Missed sessions will not be refunded.*

Contact Us

Inner Solutions™

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DBT Skills can help anyone address the following:

- Impulsiveness and high-risk behaviors
- Life-threatening behaviors (including suicidal thoughts and self-harm behaviors)
- Mood swings
- Confusion about self; ie. 'who am I'; self-esteem issues
- Interpersonal conflict and intimacy issues
- Behavioral, Emotional and Thought patterns that contribute to misery, distress and "problems with living well"

What you will learn

- Mindfulness skills
- Emotional regulation skills
- Distress tolerance skills
- Interpersonal effectiveness skills

Daily practice will be recommended. Homework will be assigned in order to help practice and master the skills until they become 'second nature'

Instruction is in the form of lecture and experiential practice

Overview of Skills

Mindfulness Skills

Mindfulness skills help you take control of your mind

- The three 'States of Mind'
- 'How' skills
- 'What' skills

Distress Tolerance Skills

- Distraction
- Self-Soothing
- Improve the moment
- Changing Willfulness to Willingness
- Pros and Cons
- Radical Acceptance
- Turning the Mind

Emotion Regulation Skills

- Understanding emotion as a 'full system response'
- Reducing emotional vulnerability
- Decreasing 'suffering' from intense emotion
- Managing anger

Interpersonal Effectiveness Skills

- Achieving goals and personal objectives
- Learning to 'Ask' and 'Say No'
- Building and maintaining relationships
- Increasing self respect
- Building self esteem

Practice suggestions are taught and provided with each skill.

Inner Solutions™ Instructors

Our team has been Intensively Trained by the Behavioral Technology Transfer Group (Dr. M. Linehans training organization) and we maintain our practice standards with annual attendance at Dialectical Behavioral Therapy workshops and conferences.

Every Instructor:

- Is a licensed psychotherapist who works with clients struggling with a variety of psychiatric disorders
- Has a wealth of experience and knowledge using Dialectical Behavioral Therapy and Cognitive Behavioral Therapy
- Has extensive understanding of Borderline Personality Disorder

