

DBT: A BRIDGE TO MIDDLE GROUND

Where feelings and thinking meet

A BRIDGE TO MIDDLE GROUND

Dialectic Behaviour Therapy Group Counselling Sessions

What: 6 group sessions
When: Every 2nd Tuesday
6:30pm – 8:30pm

Cost: \$480.00
Single Session: \$80.00

Alumni Rates: \$300.00
Single Session: \$50.00

Refer a friend and save \$25

Where: EHN Vancouver
1525 West 7th Avenue
Vancouver, BC V6J 1S1

Call:

604-734-1100

or email us at: evas@edgewood.ca

Fall/Winter Session Dates:

Sept 27, Oct 11, Oct 25, Nov 8, Dec 6, Dec 20

Winter/Spring Session Dates:

Jan 24, Feb 7, Feb 21, Mar 7, Mar 21, Apr 4

Drop-ins Welcome



Dialectic Behaviour Therapy (DBT)

Emotional triggers can create conflict and stress in our lives but when efforts to cope lead to self-destructive behaviours (substance use, over eating, etc.) the consequences can be severe.

Dialectic Behaviour Therapy (DBT) can help you recognize those triggers and develop new ways of coping, in your relationships with family, friends and co-workers.

Over a 6 week period our weekly group sessions will introduce you to mindfulness techniques, distress tolerance skills and emotional regulation strategies. We'll show you new ways of thinking, feeling and communicating to improve your ability to accept and tolerate other points of view while expressing your feelings effectively and in a non-judgemental way.

Session 1: Mindfulness

Session 2: Interpersonal Effectiveness Skills

Session 3: Emotional Regulation Skills

Session 4: Distress Tolerance Skills

Session 5: Skills Review as well as Spirituality/Loving/Kindness Meditation

Session 6: Skills Review and Walking the Middle Path and Addiction

Registrants will be screened for compatibility with our program.



Gina Vanderham, MA, RCC, MFT, ICADC, CEAP, CSD

Facilitator

A Registered Clinical Counsellor with over 27 years experience, Gina is an expert in the field of addiction. Gina has a Master's degree in Counselling Psychology with an emphasis on Marriage and Family Counselling and is an Internationally Certified Alcohol and Drug Counsellor.

Her passion is helping people heal from addiction.

*Get started on your
path to recovery*

