

# 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: July 5<sup>th</sup>, 2016  
Cost: \$300  
Where: EHN Vancouver  
1525 West 7th Avenue  
Vancouver, BC V6J 1S1

Call:

**604-734-1100**

or email us at: [evas@edgewood.ca](mailto:evas@edgewood.ca)



*\*6 sessions will be held in succession.  
Exceptions can be made in the event of  
illness, vacation, etc. Clients may join the  
program at any time during the 6 week  
rotation of curriculum.*

## 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.

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*