

January 15 – April 9, 2017; Sundays 5:30 – 7:30pm



DBT-Based Skills Course

Inspired by the tools taught in Dialectical Behaviour Therapy

DBT (Dialectical Behaviour Therapy) was created to help people deal with emotional dysregulation, including difficulty with anger, sadness, anxiety and shame. DBT is empirically supported to help people increase skillfulness in life by increasing mindfulness, the ability to communicate effectively in interpersonal situations, managing emotions and tolerating distress – as such it has been shown to be effective at reducing suffering.

This condensed, practical **DBT-Based Skills Course**, modified from the original DBT Skills Group to fit this shorter format, teaches concrete tools that are crucial to supporting greater internal stability, self-awareness, and healthier interpersonal limits and relationships with yourself and others.

**Mindfulness • Emotion Regulation
Distress Tolerance • Interpersonal
Effectiveness**

*Come learn to self-regulate with self-compassion
in a gentle, supportive healing environment at
The Refuge in Guelph, Ontario
www.healingrefuge.com*

Investment: \$500.00 – 675.00 per person
(based on your own discretion) for the 12-week course
Small group format to support comfort and safety



Tiffany Burtch, MSc., RP is a Registered Psychotherapist with comprehensive training and experience in DBT, focusing on trauma, attachment injuries and emotional dysregulation.

To Register: call 226-820-4243
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