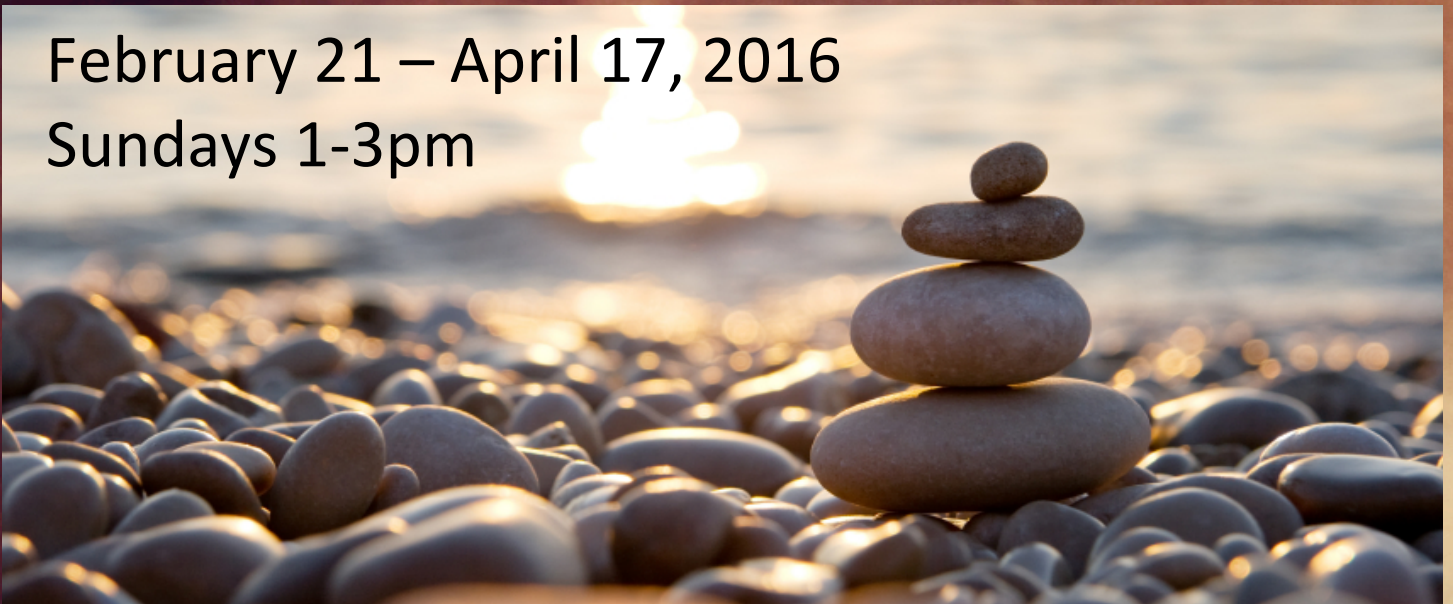


February 21 – April 17, 2016
Sundays 1-3pm



DBT-Based Skills Course

Inspired by the tools taught in Dialectical Behaviour Therapy

Are you highly sensitive? Do you have difficulty managing emotions or find that your mood thoughts, behaviours and relationships tend to be intense and swing between extremes? Do you feel empty inside, fear abandonment, or feel worthless, disconnected or split off from yourself? Do you struggle with anger, suicidal thoughts, or impulsive or reckless behaviour? Are addictions, disordered eating or self-harm your best attempt at coping with the turmoil? If so, you are not alone in trying to manage these symptoms, which are often associated with early trauma or attachment injuries.

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*
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Investment: \$575.00 per person for the 9-week course
Small group format to support comfort and safety



Kristina Baré de Vos, MSc, RP, RMFT of **Wise Mind Therapy** is a Registered Psychotherapist with extensive training and experience in DBT, Mindfulness-Based Cognitive Therapy and Emotion-Focused Therapy, focusing on trauma, attachment injuries and emotional dysregulation.

To Register: call 226-203-0908
wisemindtherapy@outlook.com

