

Dialectical Behavior Therapy is a very effective, skill based training geared toward helping people manage overwhelming emotions, reduce impulsivity and destructive coping behaviors, and improve their quality of life and relationships. The likelihood of developing intense overwhelming emotions may be hardwired from birth. Parental neglect, abuse, and trauma can also make us more vulnerable to emotional dysregulation. The more you try to suppress or put a lid on your emotions, the more overwhelming they can become. There is a much better way!

For more information  
and to register

Call (510) 548-5858 or  
[info@berkeleychristiancounselors.org](mailto:info@berkeleychristiancounselors.org)

This group will be led by Jeanne James, LMFT (MFC 43876)



Co-facilitated by  
Jacqueline Ong,  
Associate Clinical  
Social Worker  
(ASW 64960)

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# Coping with Emotions

## Dialectical Behavior Therapy Skills Group

Berkeley Christian Counselors is offering a weekly DBT group to teach four critically important skill sets that can both reduce the size of emotional waves and help you keep your balance when emotions overwhelm you.

## FALL & WINTER 2015

### **Session One: Mindfulness & Self-Compassion, September 3 – October 22 6:45-8:45**

Mindfulness is the ability to be aware of thoughts, emotions, physical sensations and actions, in the present moment, without judging or criticizing yourself or your experience. For Christians, mindfulness can become the practice of being quiet and listening to God, experiencing God's truth and grace (accepting ourselves as we are while acknowledging our need for change), and learning compassion toward ourselves and toward others.

### **Session Two: Distress Tolerance Skills, November 5, 12, 19; December 3, 10, 17 January 7, 14, 6:45-8:45**

Distress tolerance skills will help you endure and cope with your pain in a new healthier way so that it doesn't lead to undue suffering. The skills we will learn will teach you to distract, relax, and cope with painful events by building up your resilience and giving you new ways to soften the effects of upsetting circumstances.

## FORMAT

Each of the 4 DBT sessions can stand alone but also build on and enhance the skills taught in the previous training module. An interview is required prior to registration, and priority will be given to those who commit to the year-long series.

**Cost:** \$350.00 for each 8 week module

**Location:** McKinley Hall, Room 310.

**Registration:** For more information or to register, please contact Berkeley Christian Counselors: [info@berkeleychristiancounselors.org](mailto:info@berkeleychristiancounselors.org) or call (510) 548-5858 or contact Jeanne James, LMFT at (510) 703-2653.

**Scholarship funds are available for all groups based on financial need.**

## SPRING & SUMMER 2016

### **Session Three: Emotion Regulation Skills, January 28 – March 17 6:45-8:45**

Emotion regulation skills will help you cope with intense reactions to your feelings in new and more effective ways. Skills include recognizing your emotions, being mindful of your emotions without judgment, and reducing your vulnerability and reactivity to negative thoughts and feelings.

### **Session Four: Interpersonal Relationship Skills, March 31– May 19 6:45-8:45**

Relationships are precious, and they are vulnerable. This DBT module covers interpersonal effectiveness skills, including assertiveness, which is the ability to ask for what you want, say no, and negotiate conflict without damaging the relationship.

