

About Each Skill

Mindfulness skills focus on the quality of our awareness and presence in life. Mindfulness helps train us to decrease self-defeating thoughts and prolonged worries about the future as well as depressive thoughts about the past.

Emotion Regulation skills help us to identify and label current emotions, identify obstacles to changing emotions, reduce emotional reactivity, decrease emotional intensity and accumulate more positive emotions.

Distress Tolerance skills concentrate on accepting the current reality and finding ways to survive and tolerate the moment without making things worse. While all other modules focus on building a life worth living, distress tolerance skills teach us how to avoid tearing apart our life.

Interpersonal Effectiveness skills teach us to better identify and more effectively ask for what we need, set limits, and resolve interpersonal conflict while enhancing relationships.

About the Trainer



Kristen Joyce is a Licensed Mental Health Counselor working in this field since 2004 and in the Pioneer Valley since 2007. She

provides strength-based goal-oriented psychotherapy with people of all ages individually, in couples or with family members. Kristen has been in private practice since 2010 and working within ServiceNet's DBT team since 2011. Kristen works flexibly within different therapeutic perspectives to help people recognize and use their own innate strengths to decrease excessive experience of negative emotions, effectively manage conflicts in their lives, and generally increase enjoyment in life and confidence in their own wellness and wisdom. You can find her online at KristenJoyce.com or contact her at (978) 697-3903.

Northampton Center for DBT

Kristen Joyce, LMHC



Mail:
P.O. Box 14 Northampton, MA 01060

Telephone
978-697-3903

Email:
Kristen@KristenJoyce.com

DBT Skills Training Class

Dialectical Behavior Therapy (DBT) skills teach individuals how to manage their emotions, relationships, and distress in effective and meaningful ways. Emotional sensitivity and/or chronic invalidation can cause individuals to develop maladaptive coping styles in attempts to manage emotions. Through a compassionate approach, DBT helps individuals to re-parent themselves with healthier skills in order to build a more meaningful life while avoiding destructive behavior.

This class is designed to help you cope better with any of the following symptoms:

- *Emotional Instability*
- *A Pattern of Unstable Relationships*
- *Chronic Feelings of Emptiness*
- *Strong Reactivity to Stress*
- *Difficulty Controlling and Letting Go of Emotions*
- *Intense Fear of Abandonment*
- *Self Esteem Issues*
- *Mood-Driven and Impulsive Behaviors*
- *Depression, Anxiety, Trauma and Grief Issues*

While these skills are an invaluable part of building a life worth living, these psycho-educational classes are not a replacement for therapy. Therefore, we strongly recommend that participants be involved in concurrent outpatient counseling.

About Our Classes

Skills training education is focused on three separate modules: Emotion Regulation (10 week course), Distress Tolerance (8 week course) and Interpersonal Effectiveness (8 week course). Each module incorporates the skill of Core Mindfulness. Participants will meet weekly for a 90 minute class. Enrollment is open at the beginning of each module. Each group begins with a mindfulness exercise, a review of the previous week's lesson and introduction of new material. Brief homework is assigned to help individuals practice and reinforce the skills during the week.

To Learn More About Enrollment

For more information or to apply for enrollment, please contact Kristen Joyce. Participants will complete a required screening interview/orientation session prior to enrollment in the group.

Benefits of DBT

DBT is an evidence-based method that has been proven to help individuals make positive and long term behavioral changes by replacing ineffective coping strategies with DBT skills. Goals of DBT include replacing destructive behaviors with healthier means of coping, increasing and enhancing emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness skills to create a life worth living.