



PEACHTREE COMPREHENSIVE HEALTH

# Peachtree DBT

## RADICALLY OPEN DIALECTICAL BEHAVIOR THERAPY (RO-DBT)

### VIRTUAL SKILLS CLASS

*Beginning the week of April 30<sup>th</sup>*

*Thursday's 6pm-7:30pm*

*Ages 15-20*

Peachtree DBT is offering a *virtual* RO-DBT skills class led by an intensively trained RO-DBT clinician trained by the treatment developer Thomas Lynch, PhD. RO-DBT is a new evidence-based treatment targeting a spectrum of disorders characterized by excessive self-control, often referred to as overcontrol (OC)

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### DO YOU STRUGGLE WITH:

Perfectionism

Emotional loneliness

Pushing yourself too hard and Difficulty with play and rest

Avoidance of New Experiences

Rigid and Rule Governed Ways of Living that Impact Relationships

### IF SO COME JOIN OUR CLASS AND OUR TRIBE

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### RO-DBT is helpful for individuals living with:

Anorexia Nervosa; Obsessive-Compulsive Personality Disorder; Treatment-resistant Anxiety Disorders; Obsessive-Compulsive Personality Disorders; Chronic Depression; Autistic Spectrum Disorders

The RO-DBT Skills Class focuses on developing and strengthening 3 core components of emotional well-being:

1. **Openness** to interpersonal interaction and feedback from others
2. **Flexibility** in your responses to your world's ever-changing demands
3. Authentic **communication of emotions** to help build positive interpersonal relationships

RO-DBT skills class consists of 30 skills taught in a group format weekly. Prior to joining class, a **free 30-minute phone assessment** will be scheduled with the class teacher to ensure the group is a mutually good fit. To schedule an initial assessment contact Peachtree DBT office at 404-351-2008.

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