



Ask the Expert Series 2011
presents

The Dialectical Behavior Therapy (DBT) Toolbox:

A four-part series teaching an overview
of the four important skill sets used in DBT treatment.*

Presented by David Dagg, PCC, LICDC, Director of Clinical Development
and Jackie Young, CT, Intern

Mindfulness

*Learning how to experience life more
fully in the present moment*

Tuesday, January 25

6:30 pm-8:00 pm

Emotion Regulation

*Learning how to understand and
modulate your emotions in healthy ways*

Tuesday, April 26

6:30 pm-8:00 pm

Interpersonal Effectiveness

*Learning tools to express your needs and
set limits while maintaining respect to
self and others*

Tuesday, July 26

6:30 pm-8:00 pm

Distress Tolerance

*Learning tools to cope with painful
events while accepting life as it is in the
present moment*

Tuesday, October 25

6:30 pm-8:00 pm

*Participants may attend any or all in the series.

Community: Requested donation \$10/person or \$15/group or family per session; pre-registration not required

CEU's for Social Workers and Counselors: \$25/person per session and pre-registration required for CEU credit. The Center is approved to offer Continuing Education Units by The Counselor, Social Worker & Marriage and Family Therapist Board, Provider #RCS110301 Attendees can earn up to 1.5 CEU's based on full participation and completion of required documentation. Call Lori at 614.293.7755 to pre-register for CEU credit. Certificates will be mailed after the program.

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