



Dialectical behavioral therapy (DBT) is a staple of modern addiction treatment and an incredibly effective component of behavioral rehabilitation. It is one of the most commonly utilized therapeutic modalities. The primary goal of the technique is to help participants identify the triggers that lead to toxic and dysfunctional thought patterns, which may lead to a variety of unhealthy behaviors. In an addiction treatment context, DBT is most often administered alongside individualized counseling.

This 16-week group includes Biblical foundations for prayer and mindfulness, distress tolerance, interpersonal effectiveness, emotional regulation, and much more! While there are Christian foundations and elements weaved throughout these groups, participants need not subscribe to a specific faith, and ALL will be honored and welcomed.

\*\*\*NOTE: These groups are useful for substance and alcohol addiction, as well as any compulsive or habitual behavior (pornography, anger, diet, workaholism, etc.)

Weekly groups begin on **Tuesday, April 18<sup>th</sup> from 5:30-7:00pm** in Glenwood Springs, and will conclude in August 2023. All participants are required to commit to weekly attendance for the full 16 weeks.

Facilitator, Wendee Fisher, holds a Master of Arts degree in Biblical Counseling from Luther Rice College and Seminary in Atlanta, Georgia. She is a Certified Addiction Counselor Technician in the state of Colorado, and has completed advanced trainings in Motivational Interviewing, Cognitive Behavior Therapy, Dialectical Behavior Therapy and Immanuel Approach inner-healing. She is a 6<sup>th</sup> generation Roaring Fork Valley Native.

**COST:** \$25.00/group to be paid in full at the beginning of each month. We also accept **Medicaid** and **Rocky Mountain Health Plans**.



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