

# Dialectical Behavior Therapy



## SKILLS-FOCUSED TREATMENT FOR SUBSTANCE ABUSERS

**Lisa Fladager** of BodySoul Work and **G. Raymond McCullough** of the Juanita Center are combining over a half century of counseling experience to offer an ongoing **26-week Dialectical Behavior Therapy Skills Group** for individuals searching for new ways of solving substance abuse problems and improving their overall quality of life. **Dialectical Behavior Therapy (DBT)** is skills-focused treatment that specializes in teaching individuals to control moods and impulses, deal with distress, and manage relationships. Many substance abusers use their drug of choice to regulate their emotions and improve their moods. DBT can provide needed support, direction, and relief.

### SKILLS LEARNED

- **Mindfulness:** focuses on helping individuals accept and tolerate the powerful emotions they may feel when challenging their habits or experiencing upsetting situations.
- **Distress Tolerance:** focuses on learning to tolerate distressing events and circumstances.
- **Emotion Regulation:** focuses on helping individuals learn techniques to regulate their emotions.
- **Interpersonal Effectiveness:** focuses on learning strategies for asking for what one needs, saying “no”, and coping with interpersonal conflict.

### PROGRAM DETAILS

**Who:** Ideal for individuals who are completing an inpatient or intensive outpatient alcohol or drug treatment program.

**When:** Flexible scheduling to meet the needs of participants.

**Where:** The Juanita Center and BodySoul Work.

**Cost:** \$1690.00 for the 26-week program. Sliding fee available. Participants must be screened for inclusion.

**To Register or Ask Questions:** (425) 328-9528 or (360) 221-2677.

### GROUP FACILITATORS



**Lisa Fladager** is the owner of BodySoul Work, located at Bayview Corner on Whidbey Island. Lisa has 27 years of clinical experience as a therapist and educator. She is a Washington State Licensed Mental Health Counselor trained in Dialectical Behavior Therapy by its creator, Dr. Marsha Linehan, and Behavioral Tech, LLC.



**G. Raymond McCullough** is the owner of The Juanita Center, a state-certified outpatient drug and alcohol treatment program located in Mukilteo, WA. G. Raymond has 27 years of experience doing management and clinical work in the addictions and behavioral health fields.