

Learn
the Skills

Change
Your Life

Call
(765) 649-8161

The Program Requires Attendance
for one Skills Training Group
Session and one Process Group
Session per week

Skills Training Group meets on
Tuesdays at 2 PM

Process Group is offered on:
Thursdays at 10:30 AM
And
Thursdays at 2:30 PM

To make a referral contact
Susan Blake
At 649-8161 Ext 4345

Skills for Successful Living

Learn How To

Control Your Mind
(Instead of letting it control you)

Manage Relationships
(Instead of fighting/arguing all the time)

Regulate Emotions
(Instead of letting your emotions control you)

Tolerate Distress
(Instead of fighting it or trying to get rid of it)

DBT Program
Dialectical Behavioral Therapy

Offered by
ASPIRE INDIANA BEHAVIORAL
HEALTH SYSTEM
2020 Brown ST
Anderson, IN 46016

Control Your Mind

Mindfulness Skills

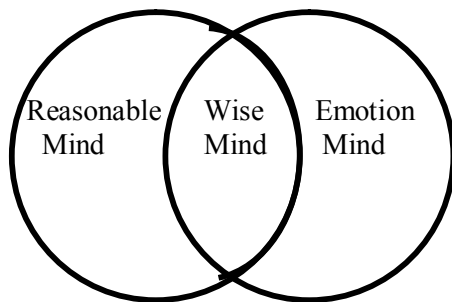
- Learn to identify reasonable mind, emotion mind, and wise mind.
- Learn to balance reasonable mind and emotion mind to achieve wise mind.

A person is in “**reasonable mind**” when using the intellect, thinking rationally and logically, is attending to the facts, and is able to plan and stay focused and “cool” in approaching problems.

A person is in “**emotion mind**” when thinking and behavior are controlled by the current emotional state. In “emotion mind” reasonable, logical thinking is difficult, facts are amplified or distorted, and behavior expresses the emotions.

“**Wise mind**” is the integration of “**emotion mind**” and “**reasonable mind.**” “Wise mind” adds intuitive knowing to emotional experiencing and logical thinking.

States of Mind



Manage Relationships

Interpersonal Skills

- **Attend to Your Relationships**

Learn how to not let hurts and problems build up. Use relationship skills to head off problems. Learn how to end hopeless relationships and resolve conflicts before they get overwhelming.

- **Balance Priorities and Demands**

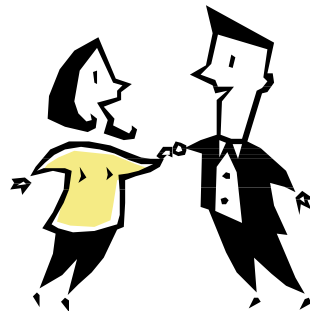
If overwhelmed, learn to reduce or put off low-priority demands. Learn to ask others for help and how to say no when necessary. Learn how creating structure can bring order to your life.

- **Balance the Wants and Shoulds**

Learn how to balance what you are doing because you “want” to do it and how much you do because it has to be done or you “should” do it.

- **Build Mastery and Self-Respect**

Learn how to interact in ways that make you feel competent and effective, not helpless and overly dependent. Stand up for yourself, your beliefs and opinions. Learn to follow your own “wise mind.”



Control Your Emotions

Emotion Regulation Skills

- **Understand Emotions**

Learn how to identify, observe and describe emotions and what emotions do for you.

- **Reduce Emotional Vulnerability**

Learn how to decrease negative emotions and increase positive emotions.

- **Decrease Emotional Suffering**

Learn how to let go of painful emotions through mindfulness. Change painful emotions through opposite action.

Handle Distress

Distress Tolerance Skills

- **Tolerate and Survive a Crisis**

Learn how to use the strategies of distracting, self-soothing, improving the moment, and focusing on pros and cons to survive a crisis.

- **Accept the Moment**

Learn how radical acceptance and willingness to do just what is needed in a situation (according to “wise mind”) can help you tolerate a difficult and distressful situation.