

## Announcing

# Radically Open DBT Skills Class for those of us who are over-controlled

**Who:** Does it feel like no one really gets what it is like to be you, especially by some of the closest people to you? Have you learned to mask, suppress or control those hurt and tender feelings? Do you pride yourself on your self-control and yet at times feel overwhelmed and underappreciated? Is it hard for you to enjoy or even take downtime or to break one of your own rules? Do you sometimes feel all alone, even surrounded by people, and no one would guess how miserable you feel on the inside.

**What:** Come explore with us how to put joy back in your life. Learn concrete skills to loosen up your temperament (the way you are wired) so it works for you and not against you. Come hear about cutting edge research on effective skills to change your old patterns and habits, learn how to enhance intimacy and reduce very private experience of self-loathing or criticism. These skills are particularly helpful with perfectionism, over-work and restrictive eating disordered behaviors. This information is being presented for the first time in the United States after receiving acclaim in England, Sweden, Germany and Spain. To learn more about RO-DBT visit [www.radicallyopen.net/about](http://www.radicallyopen.net/about).

**When:** Thursdays, 11:30 am – 1:30 pm. Starting September 25, 2014. The class will skip Thanksgiving and the month of December. The complete class is a 24-week commitment. On-going enrollment will depend on space availability. Call for potential start times and class schedule.

**Where:** 4511 SE Cesar Chavez Blvd., Holgate Professional Building.

To Register or to learn more about the group -contact Katherine Calvert at (503) 705-2194. The cost is \$50.00 a week and we accept check, cash or credit cards. Please plan to pay weekly, including for any missed sessions, for the 24-week schedule. We will provide you with a receipt to send to your health insurance upon request.

Katherine Calvert is a Licensed Clinical Social Worker who has been teaching skills based classes to couples and individuals for over ten years. Katherine uses humor, real life stories and fun to create an environment of trust and curiosity. Katherine will provide class participants a way to practice new skills in a non-judgmental way

Katherine is extremely excited about RO-DBT and is thrilled to, with humor and unbridled enthusiasm, bring these life-changing skills to Portland. Please join me.