



ADULT DIALECTICAL BEHAVIORAL THERAPY

WHEN: Monday Mornings 10:00 AM-11:30 AM
February 3, 2020 - May 4, 2020

**Skipping two weeks for holidays: 2/17/2020 & 4/20/2020*

WHERE: Compass Medical East Bridgewater
1 Compass Way | Suite 101

**Enter the front door of SEMC, the suite is located to the right, at the bottom of the stairs.*

COST: Covered by most insurances

**An intake session is required for all participants and may be covered by insurance.*

COMPONENTS OF DBT INCLUDE:

- » Mindfulness
- » Emotion Regulation
- » Distress Tolerance
- » Interpersonal Effectiveness

- » Are you feeling anxious, sad, or overwhelmed?
- » Are your worries and thoughts keeping you awake at night?
- » Are your emotions making it difficult for you to do your work, take care of things at home or get along with others?

If you answered “**yes**” to any of these questions, then **Dialectical Behavior Therapy** (DBT) is for you! In this 12-week program, you will learn how to use mindfulness to regulate your negative, physical and emotional symptoms, learn how to tolerate stress, and learn skills to help you build and maintain healthy relationships. These invaluable skills can help you lead a life filled with meaning, happiness, and the ability to manage emotional pain.

MEET THE FACILITATOR: KERI REARDON, MSW, LICSW

Keri Reardon, LICSW earned her Master of Social Work from Boston College, Chestnut Hill, MA and a Bachelor of Science in Education from Bridgewater State University, Bridgewater, MA. Keri spent over 15 years in education working as both a teacher and a school adjustment counselor. Keri owned her own private practice, where she served the needs of young children, adolescents, adults, and families. Keri incorporates a variety of therapeutic modalities with her clients, including, but not limited to, CBT (Cognitive Behavioral Therapy), Crisis Intervention, and Structured Life Review. Keri's specialty is DBT (Dialectical Behavioral Therapy) in which she provides individual therapy and group skills training to adolescents and adults.

