Radically-Open Dialectical Behavior Therapy (RO-DBT) Skills Class

Do you often feel like you don't "belong"?
Do you often feel anxious about new experiences?
Do other people say you need to lighten up?

The RO-DBT Skills Class is designed to help 18-25 year-olds who over-focus on striving, fixing, and correcting. By learning how to relax, be open to novel experiences, and acquiring skills to enhance social-connectedness while continuing to live in accordance with one's values, this class aims to improve psychological health and well-being.

Weekly skills classes will focus on:

- Relaxing control over life circumstances
- Building mindfulness skills
- Adapting to change and being more open to novel experiences
- Building meaningful relationships
- Tolerating distress
- Reducing excessive self-criticism

When: Starting March 2020, Thursdays 1-2:30PM
Where: Stony Brook Psychiatry, Putnam Hall (South Campus)
Cost: Covered by most insurance plans

Call today to schedule a screening:
Phone: 631-632-8657