



## Adult Recovery DBT Skills Group

*Have you made a commitment to recovery and looking for some additional skills to support you in multiple areas of life?*

- Group members will learn Dialectical Behavioral Therapy (DBT), which is an evidence-based, strengths-based approach that provides skills to support group members in their recovery journey, overall mental health and creating a fulfilling life.
  - Distress Tolerance Skills will help strengthen existing coping skills and teach additional ways to manage distressing events in life.
  - Emotion Regulation skills will teach group members how to identify, understand and deal effectively with emotions.
  - Interpersonal Effectiveness Skills improve communication with others and increase the ability to advocate for recovery needs.
  - Mindfulness Skills improves the ability to be in the present moment and to use the skills learned.

**Unlike process therapy group or some AA/Alanon meetings this group will not spend a significant amount of time talking about personal issues. This group is designed to teach Dialectical Behavior Skills and practice applying them to recovery work, supporting others and overall wellbeing.**

### **Wednesdays 3:30 to 5:00pm**

LOCATION: 19230 Evans St. NW Suite 100 Elk River, MN 55330 \*Group currently is via telehealth (video session).

LENGTH: 24 weeks

FACILITATORS: Cindy Meyer, MA, LMFT, LADC and Emily Hahn-Carlson, Graduate Intern

Those who would be a good fit for this group:

- Those who are currently committed to their recovery/sobriety.
- Those actively in treatment looking for additional support in their recovery journey.

**How to get signed up: Call Cindy Meyer, MA, LMFT, LADC at 763-438-4971 to schedule an Intake.**

*Cindy Meyer is a Licensed Marriage and Family Therapist (LMFT), Licensed Alcohol and Drug Counselor (LADC), Board Approved Supervisor and Adjunct college professor. Cindy has a wide variety of experience working with individuals, families and couples. In addition, to a private practice setting Cindy has worked extensively in varied settings which have provided her the opportunity to work with a range of clients. Cindy has a passion for teaching Dialectical Behavior Therapy Skills and in addition to leading DBT groups she also teaches those skills to clients one-to-one. Cindy received a Bachelor degree in Child Psychology and a Bachelor degree in Family Social Science. She also holds a Master's Degree in Marriage and Family Therapy and Post Graduate Certificate in Addiction Studies from the University of Minnesota.*