

Why Join a DBT-SU Skills Group?

Learn & practice new habits which support sobriety



What is DBT-SU?

Dialectical Behavior Therapy (DBT) combines cognitive-behavioral and mindfulness approaches. DBT-SU is designed to specifically meet the needs of people who struggle with substance use. Dr. Marsha Linehan developed DBT for clients with chronic suicidal impulses, but it has proven effective for anyone who can benefit from improved emotional regulation, distress tolerance, and interpersonal effectiveness – all profoundly important in maintaining sobriety. Participants are asked to commit to attend all skills training groups while also being required to be in individual therapy with a DBT clinician at the same time.

The foremost goal for each group participant is to become more aware of themselves as an agent for both change and self-acceptance. Secondly, we will work on skills that will help you realize your goal of abstinence. Finally, the strength of DBT is in learning to validate your experience while also learning skills that improve your quality of life, reduce distress, regulate emotions, and maintain effective relationships.

What to expect if you join this skills group~

You will:

- Receive workbook materials
- Learn new skills weekly
- Gain knowledge and practical skills about effective ways to think, feel, and respond in difficult situations
- Find out what works for other people with similar challenges
- Experience a safe place to practice new skills

Are you willing to:

- Strive toward sobriety?
- Do homework each week that will improve your quality of life?
- Practice new and different coping skills?
- Learn to manage your emotions and relationships more effectively?

Important Details:

- Weekly groups at HRC Behavioral Health and Psychiatry, PA in the Chapel Hill office on Mondays 6:15-7:45 PM
- Principles of Abstinence, Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness will be covered in each 24-week group cycle.
- Visit our website or call to get more information.

Registration **

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Phone: _____

Email: _____

****An initial interview (\$250.00) is required for group placement.**

**** Concurrent therapy is required with a DBT-trained therapist who is actively on a DBT consultation or training team.**

Commitment and payment is expected for 24 weeks whether you attend all classes or not. This fee includes a notebook of work materials.

For more information or to inquire about openings,

Call:

Paige Barnett

919.929.1227

Mareah C. Steketee, PhD is a licensed clinical psychologist with specialty training in neuropsychology and health psychology. She is a graduate of the California School of Professional Psychology, was Adjunct Associate Professor at University of North Carolina for eight years, and has been doing DBT Skills Groups for fourteen years. She has longstanding interests in neuroscience and incorporates aspects of health psychology and mindfulness into her orientation to DBT skills groups.

Linda Hammock, LPC, LCAS is a Licensed Professional Counselor and a Licensed Clinical Addictions Specialist. She earned her master's degree in Psychological Counseling from the Adlerian Institute at Bowie State College in Maryland. She served as Clinical Director for addiction treatment facilities between 1988 & 2009 and has been in private practice since 2001.

Linda's understanding and compassion for both substance users and the people who love them, positions her to support the whole family. She has been adding DBT to her work with recovering addicts since 2015.

HRC Behavioral Health & Psychiatry, PA

A choice for quality and security; a choice for competence, experience, individual attention, and feedback. HRC has been providing clinical, consultation, and programmatic services since 1976.

FOR FURTHER INFORMATION
CONTACT:

Paige Barnett
919.929.1227

Linda Hammock, LPC, LCAS
Voice Mail: 919.256.2190

Mareah C. Steketee, PhD
Voice Mail: 919.442.1127

HRC Behavioral Health & Psychiatry, PA

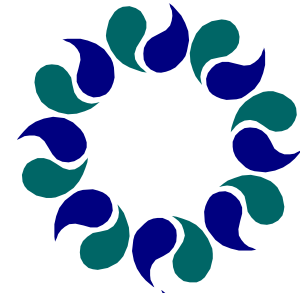
4201 Lake Boone Trail, Suite 201
Raleigh, NC 27607
(919) 785-0384

100 Europa Drive, Suite 260
Chapel Hill, NC 27517
(919) 929-1227

www.hrc-pa.com

Dialectical Behavior Therapy Skills Group for Substance Use

(DBT – SU)



HRC Behavioral Health & Psychiatry, PA

Mareah C. Steketee, PhD
Licensed Psychologist

Linda Hammock, LPC, LCAS
Licensed Clinical
Addiction Specialist