

# Why Join a DBT Skills for Emotional Eating Class?

Practice Two Sets of Skills Each 8-Week Cycle

Full Curriculum is Three 8-Week Cycles



## What is DBT?

Dialectical Behavior Therapy (DBT) combines cognitive-behavioral and mindfulness approaches to help individuals discover more options, outlets, and choices for their lives. Dr. Marsha Linehan developed DBT for clients with chronic suicidal impulses, but its techniques have proven effective for anyone who can benefit from improved emotional regulation, distress tolerance, and interpersonal effectiveness.

## What is Emotional Eating?

Emotional eating can be broadly defined as the use of eating behaviors (binge eating, overeating, binging/purging) to manage negative emotion states. The emotion dysregulation model of problem eating teaches us that eating behaviors are being used to manage emotions that feel uncomfortable or even intolerable. The primary goals of this class will be to increase both emotion modulation and emotion tolerance; increase self-awareness and self-acceptance through the practice of mindfulness skills; and decrease ineffective eating behaviors through the use of more skillful behaviors. DBT will teach you how to validate your experience while also learning skills to make changes that will improve your quality of life.

## What to expect if you join this skills class:

### You will:

- Receive free workbook materials
- Learn new skills and complete weekly practice assignments
- Gain insight regarding your eating behaviors and learn skills to increase effective ways of thinking, feeling, and responding in difficult situations without turning to food-related behaviors
- Find out what works for other people with similar challenges
- Experience a safe place to practice new skills

### Are you willing to:

- Attend sessions weekly and fully participate?
- Complete homework weekly to improve your quality of life?
- Practice new and different coping skills?
- Learn to manage your emotions and relationships more effectively?

### Important Details:

- Weekly class held virtually on Tuesdays 4:30-6:30 pm
- Mindfulness and one of the other skills modules (Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness) covered in each 8-week module
- Three 8-week modules will cover all the DBT skills
- Please call to find out when the next 8-week module begins

## Registration \*\*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**\*\*An initial interview (\$200.00) is required for class placement.**

**\*\*Minimum age for enrollment is 18.**

**\_\_\_\_\_ I will pay \$640 class tuition for each 8 week cycle, due no later than day of first class meeting each 8 weeks. Fee includes workbook materials.**

**For more information or to inquire about openings,**

**Call:**

**Paige Barnett**

**919.929.1227**

**Monisha Motiwala, PsyD** is a licensed psychologist who received her Doctorate in Clinical Psychology from Yeshiva University in the Bronx, NY. She is intensively trained in Dialectical Behavior Therapy (DBT) and DBT-PE and has extensive experience in the implementation of DBT. Prior to joining HRC Behavioral Health and Psychiatry, Dr. Motiwala served as the DBT Program Coordinator at the Long Beach VA Healthcare System in Long Beach, CA. She also coordinated and supervised a Comprehensive DBT Program for adolescents at the Princeton Healthcare System in Princeton, NJ. She has supervised doctoral students, post-doctoral fellows, and licensed clinical staff in the implementation of DBT. Dr. Motiwala appreciates the holistic approach of DBT and embraces the practice of DBT skills in her daily life in addition to teaching them to others.

## **HRC Behavioral Health and 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 for over 30 years

FOR FURTHER INFORMATION  
CONTACT:

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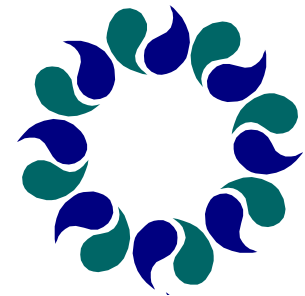
[www.hrc-pa.com](http://www.hrc-pa.com)

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# **DBT Skills Class For Emotional Eating**

## **Four Modules of Skills**

Mindfulness  
Emotion Regulation  
Distress Tolerance  
Interpersonal Effectiveness



**HRC Behavioral Health  
and Psychiatry, PA**

**Monisha Motiwala, PsyD**  
**Licensed Psychologist**