

RADICALLY OPEN DIALECTICAL BEHAVIOUR THERAPY (RO DBT)

Online Skills Classes: Coming Soon!



Flexible Mind
Psychology

Do you struggle with:

Anxiety
Depression
Relationship Problems
Loneliness and Social Isolation
Rigidity or a Lack of Flexibility
Paranoia and Mistrust
Rumination and Over-Thinking
High Levels of Bitterness
Holding Grudges
Unhelpful Envy
Problems Expressing Feelings
Obsessive Thinking
Compulsive Fixing
Anger
Over-Exercising

RO DBT can help you to:

- Increase flexibility and openness
- Develop social connectedness
- Learn social signalling skills
- Express emotions authentically
- Accept feedback and criticism
- Reduce perfectionism
- Relax, have fun, and enjoy life!

Classes will be led by Ian Wootton, a Consultant Clinical and Forensic Psychologist who has undertaken advanced training within RO DBT, and who is a member of the European team of Senior RO DBT Clinicians. In addition to providing RO DBT to clients, Ian has delivered a number of workshops and training events regarding RO DBT and the concept of 'overcontrol'.

Skills Class Sessions will:

- last for 2.5 hours
- be held online
- take place on Tuesday evenings

Individual sessions are also available - and can be undertaken alongside skills class or as a stand-alone intervention

For more details, contact Ian at Flexible Mind Psychology:

Email: ian.wootton@flexiblemindpsychology.co.uk

Telephone: 07970 126564

Website: www.flexiblemindpsychology.co.uk

