Self control is a quality many of us strive to develop. For some of us, self control comes naturally, even too much so. Over control (OC) is when we have too much of a good thing and it causes difficulties like emotional loneliness and poor interpersonal skills. Really having a quality connection with at least one person hasn’t been easy for some. OC can contribute to conditions like chronic depression, treatment-resistant anxiety, obsessive compulsive and avoidant personalities, anorexia nervosa and autism spectrum disorders.

RO DBT is new evidence-based, trans-diagnostic treatment. The class aims to help you build; Flexible responding to demands of the moment. Authentic emotional expression to build positive interpersonal relationships. Self enquiry into our usual responses and ability to manage unexpected or challenging feedback. If you want to learn more please visit these links.

https://youtu.be/SXmt1omyVM4
www.radicallyopen.net

Where: The Attachment & Trauma Center of Nebraska - Group Room 638 N. 109th Plz Omaha, NE  www.atcnebraska.com

When: April Thursdays 4:15-6:15pm - weekly

Requirements: Adults 19 yrs or older & already in individual therapy. Purchase Skills manual for $25. Attend 3-4 info and prep appts prior to class. This will help you determine if this class is right for you. I accept most insurance plans. I am not a Medicaid or Medicare provider. Call/email instructor Ellie Fields LIMHP, LPC 402-490-4300 or