



Santa Clara
County



Elisabeth Bellows M.D.

presents

Dialectical Behavior
Therapy Skills:



An Experiential Sampler

Elisabeth Bellows M.D. is a psychiatrist in private practice in Redwood City, CA. She has extensive training in DBT and has been running skill classes for emotion regulation and impulse control since 2003.

Dialectical Behavior Therapy (DBT) has been shown to be an effective treatment for Borderline Personality Disorder & other mental health conditions characterized by intense emotionality and impulsive behaviors. One of the ways that DBT is different from other forms of psychotherapy is that coping skills for managing life crises are taught in a small classroom group format. In this presentation, Dr. Bellows will present a sample of emotion regulation and distress tolerance skills from the DBT curriculum. Come find out for yourself why this treatment has generated so much excitement and optimism for mental health professionals and their clients.

Tuesday • February 28, 2016 • 4:00 - 5:00 p.m.
NAMI SCC Office • 1150 S. Bascom Ave • San Jose