

## Meet Facilitator Terry Wiseman

MTS, MDiv, MFT, RP



Registered Psychotherapist and owner of *Ancora Counselling Services*, Terry is a member in good standing of the *American Association for Marriage and Family Therapy (AAMFT)* and the *College of Registered Psychotherapists of Ontario (CRPO)*. Married for 25 years, he and his wife, Joy, reside in Aurora.

*info@ancoracounselling.ca*  
*ancoracounselling.ca*  
289.806.0669

## ANCORA COUNSELLING SERVICES

Looking for compassionate, professional counselling (individual, marriage or family)? You'll find it at *Ancora*. Here, we want you to feel safe and comfortable. We look forward to journeying with you towards health and healing, and engaging in your life story with care and respect.

*Ancora* is a Latin word meaning **anchor, refuge, support, hope.**

## COURSE INFO

### WHEN

Thursdays 6.45 pm to 9 pm  
(including coffee break)

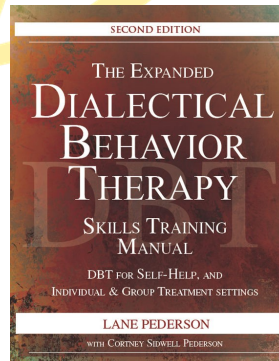
### WHERE

Apple Suites, Main Floor Boardroom  
16 Industrial Parkway South, Aurora

### FOR MORE INFO

please contact Terry Wiseman at  
[info@ancoracounselling.ca](mailto:info@ancoracounselling.ca)  
or 289.806.0669

## PARTICIPANT WORKBOOK



Lane Pederson's *The Expanded Dialectical Behavior Therapy Skills Training Manual*. ISBN 1683730461, 2nd ed (spiral bound), Mar 2017.

Participants may purchase on their own before the program begins, or at their first session for \$45 (tax inc).

# DBT Emotional Regulation Skills Group

*A 14-week program  
in a small group setting  
designed to improve your  
emotional regulation skills  
through Dialectical  
Behaviour Therapy*

*Ancora  
Counselling  
Services*

## PROGRAM INFO

Designed to improve your emotional regulation skills through *DBT (Dialectical Behaviour Therapy)*, this 14-week program in a small group setting will help you (1) better understand your emotions, (2) reduce your emotional vulnerability, and (3) decrease your emotional suffering.

## What Will You Learn?

*DBT* focuses on enhancing clients' capabilities by teaching new behavioural skills. Research has shown *DBT* effective both in improving social functioning and in reducing suicidal behaviour, self harm, psychiatric hospitalisation, treatment dropout, substance abuse, anger and depression.

With *DBT* skills training and individual therapy, clients can learn how to respond vs react to life's challenges, make more healthy, adaptive choices, and get 'unstuck' from rigid ways of thinking. *DBT* employs a variety of skills including Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotional Regulation. A powerful form of therapy, *DBT* helps clients decrease destructive thoughts, urges and behaviours, benefitting trauma sufferers and those with eating, mood and personality disorders, as well as addictions. Through *DBT* you can ...

- o improve awareness of yourself and your world
- o better manage overwhelming feelings

- o improve your ability to discover and live out your highest values
- o focus on what's most important to you
- o reduce conflict with family, strangers and everyone in between
- o regulate your emotions to maximise your day to day enjoyment of life
- o mitigate negative behavioural relapse when things go wrong
- o assert your needs without hurting others, and listen to theirs without neglecting your own

## Cost\*

\$900 (including HST) for 14 consecutive sessions, prepaid. Workbook must be purchased separately (see back page). Couples will need one copy per person.

Additional (including missed) sessions are available for \$60 per session.

## To Apply

Please complete and submit the form opposite to *Ancora Counselling Services*, or apply online at [ancoracounselling.ca/dbt](http://ancoracounselling.ca/dbt)

To cultivate meaningful participation, group size is limited. *Ancora* reserves the right to screen applicants for suitability.

We look forward to having you join us!

*\*pricing as at August 2018, subject to change without notice*

## Program Application

Name

Address

Cell Phone

Home Phone

Email

*I understand that Ancora reserves the right to screen applicants for suitability, and that acceptance is also subject to space available. If accepted, I agree to attend all sessions, take active part in discussions, complete all work assignments, and prepay in full prior to my first session. I understand that my missing any session or portion thereof due to lateness or absence may forfeit my ability to complete the program.*

Signature

Date

*If accepted, you will be contacted by email to prepay in full by cheque, or to etransfer full prepayment in the amount of \$900 (tax included) to secure your seat.*

*Ancora Counselling Services  
16 Industrial Parkway South, Suite 204  
Aurora ON L4G 0R4*