

RADICALLY OPEN DBT

INTRODUCTION

An Evidence-Based Treatment for Disorders of Overcontrol

Radically Open Dialectical Behavioral Therapy (RO DBT) is a new approach to working with chronic or hard-to-treat clients. With 20+ years of research backing the therapy, RO DBT is a unique skills-based approach to treat chronic conditions of overcontrol including:

- Chronic anxiety
- Refractory depression
- Anorexia Nervosa
- Autism Spectrum Disorders
- Personality Disorders – (Obsessive Compulsive, Paranoid, Dependent and Avoidant)

RO DBT contends that *emotional loneliness* represents the core problem for overcontrol, not *emotion dysregulation*. The neurobiosocial theory for overcontrol posits that *heightened threat sensitivity and* diminished reward sensitivity transact with early family experiences emphasizing “mistakes as intolerable” and “self-control as imperative” to result in an overcontrolled coping style that limits opportunities to learn new skills and engage in social interactions that are deemed genuine and positive.

PLEASE JOIN US

FRIDAY, AUGUST 30, 2019

9:00AM TO 10:30 AM

1776 S. JACKSON STREET,
CONFERENCE ROOM

Training is **FREE** but space is limited. **Please reserve a seat** by contacting RO DBT Denver at RODBTDenver@gmail.com

Light breakfast and coffee will be provided



Speaker:
Hope Arnold,
LCSW, MA,
Sr. RO DBT
Clinician and
Trainer

Hope is a Senior Clinician and Trainer in RO DBT for the international Radically Open Ltd. organization. She began her RO DBT training with Dr. Tom Lynch, treatment developer, in 2016. Hope is involved in computer app development for Radically Open, Ltd. She also writes a blog for PsychCentral on RO DBT topics called *Radical Hope*. She is the owner of RO DBT Denver.

Training Co-hosted by



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