



Exploring DBT- Dialectical Behavior Therapy

This program is designed using the fundamental principles of Dialectical Behavior Therapy (DBT) to educate, build understanding and empathy thereby empowering family, friends, and communities in recognition of the support for those suffering.

Join us for 6 sessions in which we will explore the foundations of many mental health diagnosis through the bio-social theory. We will also discuss the role of mindfulness, validation, empathy, dialectics, self-regulation, relational mindfulness and behaviorism.

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| Session 1 | Oct. 24 | Learn about the transactional nature between an individual and their environment. Gain an understanding of the function of ineffective behaviors in emotion regulation in order to build empathy and reduce stigma. |
| Session 2 | Nov. 7 | Explore the role of mindfulness in increasing awareness of your own internal responses (thoughts, emotions and urges) when seeing someone else struggle. Increase your own ability to be responsive instead of reactive or avoidant. |
| Session 3 | Nov. 21 | Learn about validation and the importance of validation in relationships. We will explore the 6 levels of validation and practice. |

The remaining three sessions will be scheduled in 2025 after the holidays.

The format for the sessions will include a meal, about 45-60 minutes of education followed by Q&A, discussion and exercises. These sessions will be lead by Jolie Fritz (Jo) LPC and Erik Ulland, MD



Jolie Fritz (Jo) LPC

Jo graduated from Alverno College with a Master's Degree in Community Psychology. She was the lead therapist of The Nashota Center for DBT at Roger's Behavioral Health. Jo is also co-creator and co-host of the DBT podcast *All Therapists Are Jerks*. She works with individuals, families and the community to help reduce stigma, increase understanding and empower individuals and communities to create meaningful change.



Erik Ulland, MD

Dr. Ulland is a general and child and adolescent psychiatrist with 20 years of experience working in higher levels of care in behavioral health. He has been a Medical Director of inpatient psychiatry. For the past 10 years has been the co-creator and Medical Director of the Nashota Center for DBT at Roger's Behavioral Health. He has 15 years of experience at a residential level of care treating clients with eating disorders, severe anxiety disorders, self-destructive and suicidal behaviors, ADHD, OCD, trauma, personality and substance use disorders.