**Skills Training Class**

If any of these traits ring a bell:

- Perfectionism
- Excessive need/wish for self-control
- Rule following
- Preference for order, structure
- Reserved or restrained with other
- Overly careful with money

RO-DBT can help you learn to:

- Increase your flexibility and reduce rigidity
- Increase your openness
- Increase your social connectedness
- Increase your emotional expressiveness

Enrollment in the class is limited.
Some sliding scale seats may be available.

**IMPORTANT NOTES:**
— RO-DBT is a supplement to individual therapy.
— You MUST be in individual therapy while in the class.

**Group Leaders:**

Freda B Friedman, Ph.D., LCSW.
Intensively trained RO-DBT clinician; supervisor, consultant, presenter, author, 25+ years in practice.

Priscilla Kang, LCSW.
Intensively trained RO-DBT clinician, long-standing clinician in group practice.

For more information, contact our Intake Team at (312) 252-9500 x130.