

DOES ANY OF THIS DESCRIBE YOU?

Dutiful, avoids risk and novelty, plans ahead, struggles to really connect with others, follow rules, feels unappreciated, struggles to relax and be playful?

Would you like help to learn how to be more:

1. Receptive and Open
2. Flexible
3. Socially Connected

Would this make it easier to meet your goals in life?

Further information:
info@couragepsyc.com.au



Dr HoiYan Karen Li is a clinical psychologist based in Brisbane. She is RO-DBT, DBT, CBT, ACT trained and treats a range of clinical presentations including depression, anxiety, eating disorders, persistent pain, BPD, complex trauma.

Karen is also a psychology board approved supervisor, advanced clinical educator and has completed intensive RO-DBT training.

ENQUIRE TODAY!

info@couragepsyc.com.au

RO-DBT
ONLINE
SKILLS
CLASSES



WITH DR HOIYAN KAREN LI
COURAGEPSYC.COM.AU

RO- DBT

Radically Open Dialectical Behaviour Therapy is a new evidence-based treatment for patients with emotional over-control.

'Self-control' is usually seen as a good thing, however too much self-control can cause difficulties.

Excessive self-control is associated with social isolation & poor interpersonal relations and it contributes to conditions like anorexia nervosa, obsessive-compulsive personality disorder, chronic depression and autistic spectrum disorders.

Over- control is seen as a problem of emotional loneliness

not necessarily lacking contact with others.....but lack of social connectedness with others

RO-DBT SKILLS AIM TO BUILD:

1. Flexible responding to the demands of the moment
2. Emphasis on the importance of authentic emotional expression to build positive interpersonal relationships
3. Self enquiry into our usual responses
4. Ability to manage unexpected or challenging feedback

3 COMPONENTS OF WELLBEING

1. Openness to feedback, even when this is challenging
2. Flexibility in our responses, to ever changing demands
3. Communication of our emotions, recognising that expressing emotion is crucial when forming close interpersonal bonds



ONLINE SKILLS CLASSES

- 2- 10 participants per class
- Admission is rolling and participants may sign up at the start of any module
- Participants aged 18+ only

UPCOMING MODULES

- 26/10/2020- 1/12/2020
- 8/12/2020- 26/1/2021 (excludes Christmas/New Years break)
- 2/2/2021- 9/3/2021
- 23/3/2021- 27/4/2021
- Adolescent classes coming soon.

SKILLS CLASSES ARE HELD ONLINE TUESDAY 6-7.30PM