

Anna Rose Whitaker

Life Skills Training classes for the physically disabled are now being offered by the Berkeley Therapy Institute and are partially underwritten by the family of Anna Rose Whitaker.

Anna was a young woman who inspired many people with her strength, independent spirit, and joy for life. She was very proud of the fact that she was able to live in her own apartment and that she was a successful student at community college, in spite of severe physical disabilities. Anna's coping and life skills were greatly enhanced by sessions at the Berkeley Therapy Institute. For that reason, her family has chosen to establish these classes at BTI in Anna's name.



Photo by Misako Akimoto

Life Skills Training Class at BTI for People with Physical Disabilities

Since 2007, the Berkeley Therapy Institute (BTI) has offered classes in life skills to those with physical disabilities. The classes are led by Dr. J.J. Kelly.

Sixteen weekly sessions meet for 1½ hours and are usually held in the late afternoon or evening.

Classes will be held at:

**North Berkeley Senior Center
1901 Martin Luther King Jr. Way
(at Berkeley Way)
Berkeley, CA**

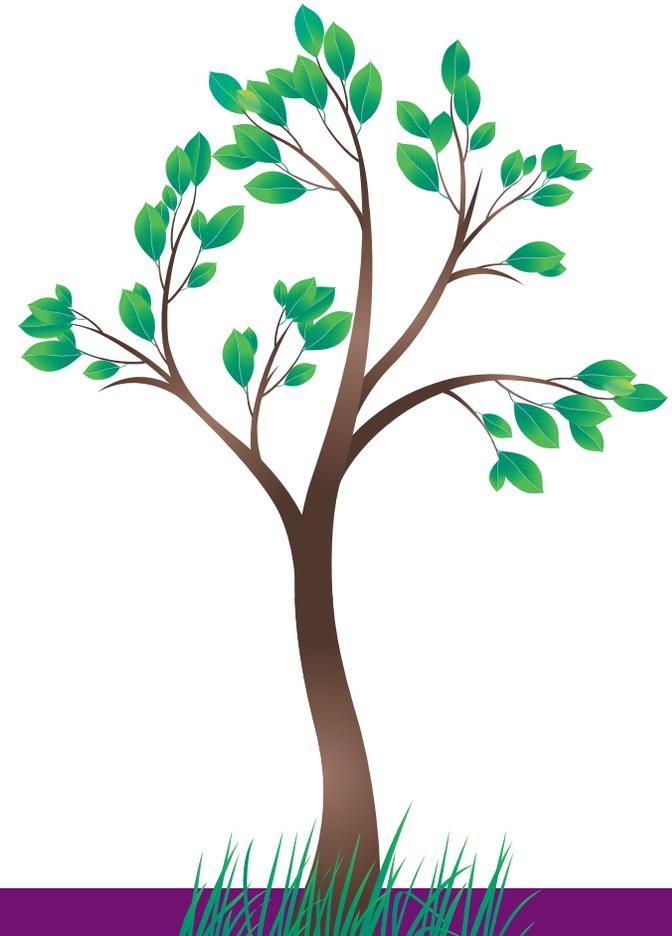
BTI, a non-profit clinic, has been making superior mental health services available to the Bay Area community since 1972. For more information, see BTI's website at www.bti.org.

For Life Skills Training class information, please call Dr. J.J. Kelly at 510-841-8484 x 1146, or email her at drjjkelly@gmail.com

Life Skills Training for People with Physical Disabilities

Utilizing the Theories of Dialectical Behavioral Therapy

**Mindfulness • Distress Tolerance
Emotion Regulation • Interpersonal Effectiveness**



Life Skills Training for People With Physical Disabilities

Can I Benefit From DBT?

Originally developed by psychologist Marsha M. Linehan for clients with borderline personality disorder, Dialectical Behavioral Therapy (DBT) is now being adapted for use in other populations. The program at the Berkeley Therapy Institute focuses on those with physical disabilities.

If you want to change target behaviors and improve your quality of life, coping skills training can help.

DBT is being used to effectively address problem behaviors such as:

- Ongoing conflicts in relationships
- Intense and rapid mood changes
- Inability to relax
- Substance abuse
- Holding in your anger, then “blowing up” at others
- Impulsive or reactive decisions you often regret
- Overeating
- Spending too much
- Trouble recognizing choice
- Feeling overwhelmed
- Avoiding responsibilities, people, or events
- “Numbing out” in response to fear, anger, etc.

What Is Dialectical Behavioral Therapy (DBT) and What Will I Learn?

The life skills training component of DBT features classes that are structured so that you will progress through — and master — four different sets of skills.

Mindfulness

The sessions start with an introduction to the Zen Buddhist concept of “mindfulness.” This encourages you to:

- increase your ability to observe, describe and participate in life
- live your life in the current moment — accept reality — and yourself — without judgment

Distress Tolerance

Next, the class teaches distress tolerance skills. DBT emphasizes learning the skills of:

- tolerating and surviving a crisis
- accepting life as it is in the moment
- meeting pain head on to actually reduce suffering

Emotion Regulation

The third curriculum module centers on emotion regulation skills. DBT classes help you to:

- identify and label emotions, thus increasing your “emotional vocabulary”
- identify obstacles to changing your emotions.
- reduce vulnerability to negative emotions
- enhance positive emotional events

Interpersonal Effectiveness

The last classes focus on interpersonal effectiveness skills:

- building mastery and self-respect
- balancing your priorities with the demands in your life
- saying “no”
- resisting pressure
- maintaining a position or point of view
- how to ask for things
- how to initiate a discussion
- effective conflict resolution

These skills are intended to increase your ability to meet your goals, while enhancing relationships and increasing your self-respect.

For more information, please email drjjkelly@gmail.com, or call Dr. Kelly at 510-841-8484 x1146