Radically Open (RO-DBT) Adult Skills Training Class

(Virtual) All Gender Group: Tues, 1 - 2:00pm
(In-Person) All Gender Group: Thurs, 7 - 8:00pm

30-Week Commitment
$195 for the assessment/$67 per group session

Are You A Perfectionist?
Do You Have Trouble Connecting With Others?
Is it hard to be flexible about life and enjoy things?
Do you have a hard time letting go of work?

FOCUSES:

- Opening up to feedback
- Increased Flexibility with life's changes
- Sharing and communicating authentic feelings
- Building close social connections

CLIENTS STRUGGLING WITH:

- Relinquishing control
- Avoiding new experiences
- Overly relying on rules and rigid structure
- Rigid thoughts and expectations
- Feeling intense and stressed about life
- Social anxiety

RO-DBT HELPS:

- Treatment resistant depression
- Treatment resistant anxiety
- Obsessive compulsive behaviors
- Anorexia
- And more

Tara Arnold, PhD, LCSW, CEDS-C, RYT-200

Tara Arnold is a Licensed Clinical Social Worker with a Doctorate in Social Work. She is intensively trained in Dialectical Behavior Therapy (DBT), and she is a Certified Eating Disorder Specialist by the International Association of Eating Disorder Professionals. She is also Level 3 RO DBT trained.

Dr. Arnold has been in private practice since 2003 treating eating disorders and substance abuse, and she has been a national DBT & eating disorder educator since 2000.

Dr. Arnold provides individual and group therapy as well as clinical supervision and training for professionals. In her practice, she has an empathetic, kind, and warm presence with her clients. Her love of learning makes her curious, engaged, compassionate, and attuned. Through intellect, deep care, and compassion, a sacred space for healing is created where connection, trust, and growth are nurtured.

Dr. Arnold conducts individual and group supervision for therapists enhancing their clinical skills, particularly DBT and certified eating disorder specialist credentials. Case consultation, practice development, ethics, and content-specific skills based training is provided.

If you're interested in learning more, reach out to Dr.Tara Arnold at taraarnold@gmail.com or 404-964-6629 to schedule an interview.

6 Lenox Pointe NE Atlanta, GA 30324
wholeheartpyschotherapy.net

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