

Lunch n' Learn DBT Series 1



Friday, February 15, 2019 · 12pm - 1:30pm
Fusion Lake Forest Campus
840 S Waukegan Rd., Suite 224
Lake Forest, IL 60045

Some people are prone to react in a more intense and out-of-the-ordinary manner toward certain emotional situations, primarily those found in romantic, family and friend relationships. Dialectical behavior therapy (DBT) treatment is a type of psychotherapy — or talk therapy — that utilizes a cognitive-behavioral approach. Join us for the first in the series of five, to learn more about DBT skills, focusing on Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.

PRESENTED BY ASHLEY SENDERAK, LCPC
PROGRAM MANAGER
FAMILY RECOVERY CENTERS



Ashley Senderak began her career in counseling at AMITA Behavioral Health Hospital in the Center for Anxiety & Obsessive-Compulsive Disorders (OCD). In addition to working with clients with anxiety disorders and OCD, Ashley engaged with children and teens struggling with depression, self-injury behaviors, eating disorders, and behavioral issues. Ashley possesses a strong passion in working with parents to help empower, guide, and teach how to best support their children. Ashley is trained in Cognitive Behavior Therapy, Exposure Response Prevention, and Dialectal Behavior Therapy. Ashley received her LCPC in February of 2013 and since then opened her own practice, GetUnstuck Therapy, specializing in children and teens. Currently, Ashley is the program manager at Family Recovery Centers — A DBT-adherent intensive outpatient program specializing in adolescents.