



# Radically Open Dialectical Behavioral Therapy (RO DBT) Skills Class

Do you feel emotionally lonely or disconnected?

Overcontrolled coping is a style of coping that can lead to emotional suppression, detail-oriented behavior, inflexibility, distant relationships, and being closed off to new information or experiences. This often leads to feelings of loneliness.

RO DBT is an evidence-based treatment to address over-control and help people build meaningful relationships.

If you struggle with excessive self-control, perfectionism, rule following, distant relationships, inflexibility or have diagnoses of Obsessive Compulsive Personality Disorder, Anorexia Nervosa, Autism Spectrum Disorder, treatment resistant anxiety, or chronic depression this class could be for you.

**When:** Tuesdays from 3:15pm- 4:15pm starting March 11<sup>th</sup> 2025

**Where:** The Anxiety and OCD Center of Iowa

3636 Westown Pkwy Ste 204, West Des Moines, IA 50266

**Cost:** \$40 per class, multiple insurance plans accepted

RO DBT skills class helps build a life worth sharing by teaching:

- Openness
- Flexibility
- Emotional Expression
- Emotional Connection

If interested in more information please reach out to Katie Schickel, LISW at the Anxiety and OCD Center of Iowa: 515-416-4666 [kschickel@iowaanxietycenter.com](mailto:kschickel@iowaanxietycenter.com)