



Jennifer (Panning) Contarino, Psy.D.,
RO-DBT Trained,
Licensed Clinical
Psychologist, Class
Co-Facilitator



Ethan Stark,
Psy.D.
Postdoctoral Fellow,
Class Co-Facilitator

**Evanston
Psychologists
Now Offering
Classes and
Groups**

Skills Training Class

Radically Open Dialectical Behavior Therapy (RO-DBT)

Who is this class for?

DO TRAITS LIKE THESE RING A BELL?

- Perfectionism
- Excessive self control
- Rule follower
- Preference for order, structure
- Reserved, restrained
- Frugal

CLIENTS WHO MAY ENDORSE THE FOLLOWING DIAGNOSES:

- Chronic depression
- Treatment resistant anxiety
- Anorexia Nervosa
- Body Dysmorphia
- Binge Eating Disorder
- Obsessive Compulsive Personality Disorder

Benefits of this class

- Flexibility
- Openness
- Social connectedness
- Emotional expressiveness

**EVIDENCE-BASED TREATMENT
20+ YEARS OF RESEARCH**

When TUESDAY EVENINGS
(begins November 2019)

Where 636 CHURCH STREET, SUITE 620
EVANSTON, IL 60201

Time 5:30 PM — 6:30 PM

Price \$60 per class self-pay (MPA can bill BCBS
PPO or Northwestern University
Student Health Plan)

NOTE:

Clients must be in ongoing individual therapy. This class is a supplement to individual therapy. We will collaborate with referring therapists.



For more info or to sign up:

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www.EvanstonPsychologists.com