

Surviving and Thriving with PMDD

Group Therapy and DBT-focused Psychoeducation for Pre-Menstrual Dysphoric Disorder, Pre-menstrual exacerbation and severe PMS

Feeling hopeless and out of control? Learn the skills to take control of PMDD symptoms and feel better.

Our Group Therapy session will help you:

- Gain control of your emotions during all stages of your cycle
- Improve distress tolerance and learn to feel better
- Reduce conflict and increase understanding in your relationships

All sessions include 1 hour of group support and discussions and 1 hour of psychoeducation/DBT skills.

Virtual sessions

Thursdays beginning October 27, 2022

7 to 9 PM EST

\$65/session, \$390 for six weeks

Reserve your space!

Visit armsopencounselling.com or email nadine@armsopencounselling.com.



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helping you heal

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Sessions Overview and Outline

Thursday, October 27, 2022, Session 1: Understanding your period

- PMDD origins & hormone discussion
- Tools to help
- Introduction to DBT/exercises

Thursday, November 3, 2022, Session 2: Learning to manage our emotions

- Recognizing our emotions
- Tools to emotional wellbeing
- Observing ourselves without judgement

Thursday, November 10, 2022, Session 3: Mindfulness

- Feelings Wheel - describe your feelings
- Grounding techniques
- Mindful breathing

Thursday, November 17, 2022, Session 4: Mindfulness and the Wise Mind

- The Wise Mind
- Wise-Mind meditation
- Judgement and triggers
- The stories we tell ourselves

Thursday, November 24 2022, Session 5: Mindfulness and emotional regulation

- 90-second rule
- Recognizing our emotions without judgement
- Emotional exposure
- Watching and accepting our emotions

Thursday, December 1, 2022, Session 6: Interpersonal effectiveness skill building

- Identification of your interpersonal style
- Validation
- Communication with your significant other and loved ones in your life
- Conclusion and feedback

All sessions include group support where participants share their unique stories and supports that work for them.



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