

DEEP DIVE INTO NONJUDGMENT

Join us
as we get curious about
NONJUDGMENT

Learn how to regulate your emotions and
increase your problem-solving capabilities
through a nonjudgmental stance.
Learn how to become more effectively equipped
to practice this transformative skill in daily living.

Come dive deep with us!
This is not limited to clinicians...
this is open for all people to attend...
those in helping professions, those not, and also open to clients.

Friday, October 25
9am to 4:00pm
The Unity Center, Chapel Hill
\$150 or \$50 for students

Co-led by
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Course Objectives:

Learning...

- what judgment is and what nonjudgment is
- the advantages and disadvantages of judgment
- the advantages and disadvantages of nonjudgment
- why we want to practice nonjudgment
- the signs of judgmental thinking and communication
- the difference between evaluative and discriminative judgments
- how to move from judgmental thinking to a nonjudgmental stance
- to practice self-compassion to not judge your judging