

Through Thick & Thin

This educational training course integrates the science and skills needed to understand and relate to others who have difficulties regulating their emotions.

Science

Learn about recent research on the brain, biology, and the science of emotional functioning

Skills

Learn behavioral strategies supported by science to most effectively relate to people who struggle with their emotions

Through Thick & Thin is a training course, provided to educate those who love, live with, or need help relating to people who struggle with their emotions. It is not group therapy.

Course Instructors:



Melissa L. Miller, Ph.D.

is an Assistant Professor in the Cognitive Behavioral Research and Treatment Program, within the Department of Psychiatry and Behavioral Sciences, at Duke University Medical Center. Dr. Miller has clinical and research expertise in cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT), as well as working with family members of individuals with mental illness. Dr. Miller co-developed and directs the Through Thick & Thin program at Duke.



Marissa Howard, LCSW

Is a Clinical Associate in the Cognitive Behavioral Research and Treatment Program, in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center. Marissa is an expert assessor in psychiatric research, is a therapist who uses cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) in her practice, and acts as a treatment coordinator by helping individuals and families navigate the mental health system.

Through Thick & Thin: Foundational Course



Through Thick & Thin

A brief educational training course for those who love, live with, or need help relating to people who struggle with their emotions

Through Thick & Thin

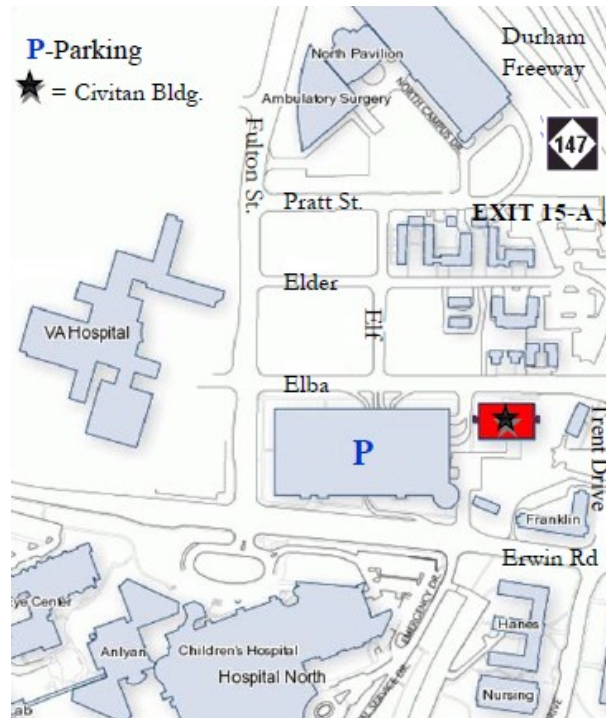
September 8th, 2015 - November 3rd, 2015

Tuesdays, 6:00-8:00pm

 **Duke University Medical Center**

Cognitive Behavioral Research and Treatment Program

Civitan Building
2213 Elba St.
Durham, NC 27705



Week 1

Introduction to the course and overview of emotions

Week 2

Emotional experience, emotional expression, and environmental response

Week 3

Mindfulness and relational mindfulness

Week 4

Reducing invalidation and increasing validation

Week 5

Using validation in difficult moments

Week 6

Observing and setting limits

Week 7

Contingency management, reinforcement, and behavioral principles

Week 8

Practicing acceptance

Week 9

Synthesizing and moving forward



Course Cost:

\$450 for one individual
\$750 total for two family members

Registration is required
&
Space is limited

To register for this training course or to find out more, please contact Melissa L. Miller, Ph.D.

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