

STILL WATERS - A DBT SKILLS GROUP FOR SEEKERS OF INTERNAL PEACE & REST

PSALM 23

Find out what it means to “lie down in green pastures and led by still waters” find restoration, and let God bring calmness to your anxious heart and peace amidst the turbulence within.



LIFE BALANCE

Find harmony, rest, and God’s desires for life. Improve your ability to cope, communication skills, and increase life satisfaction. Experience balance, symmetry, and self-care.



OUR PHILOSOPHY

IN A WORLD OF BROKENNESS AND CHAOS, MANY OF US LACK THE SKILLS NEEDED TO BRING BALANCE AND CALMNESS TO A LIFE OF CONTRADICTIONS. *STILL WATERS* HELPS TEACH THESE SKILLS WITH THE GOAL OF BALANCING COMPETING NEEDS AND LEARNING NEW WAYS TO RESPOND.

“WHEN WE BECOME AWARE THAT WE DO NOT HAVE TO ESCAPE OUR PAINS, BUT THAT WE CAN MOBILIZE THEM INTO A COMMON SEARCH FOR LIFE, THOSE VERY PAINS ARE TRANSFORMED FROM EXPRESSIONS OF DESPAIR INTO SIGNS OF HOPE.”
-- HENRI J.M. NOUWEN

AN INWARD JOURNEY

IN AN EFFORT TO HELP FIND PEACE AND JOY IN THE MIDST OF INTERNAL CHAOS, CROSSROADS OFFERS A WOMEN’S DBT SKILLS GROUP, *STILL WATERS*. GROUPS CONSIST OF 4 TO 8 MEMBERS AND MEET FOR TWO HOURS ONCE A WEEK FOR 24 WEEKS. INDIVIDUALS WITH INTERNAL CHAOS WILL LEARN SKILLS THAT IMPROVE EMOTIONAL BALANCE, MINDFULNESS, INTERNAL PEACE, AND RELATIONAL SKILLS THROUGH 4 MODULES OF 2 TO 7 SESSIONS EACH. NEW CLIENTS MAY BEGIN WITH ANY OF THE FOUR MODULES WHICH ARE OFFERED ON A ROLLING BASIS UTILIZING THE MOST CURRENT DBT MATERIALS.



IN THE MIDST OF A LIFE THAT IS
CHAOTIC, PURSUIT OF INTERNAL PEACE
AND REST IS THE INWARD JOURNEY
OF
STILL WATERS

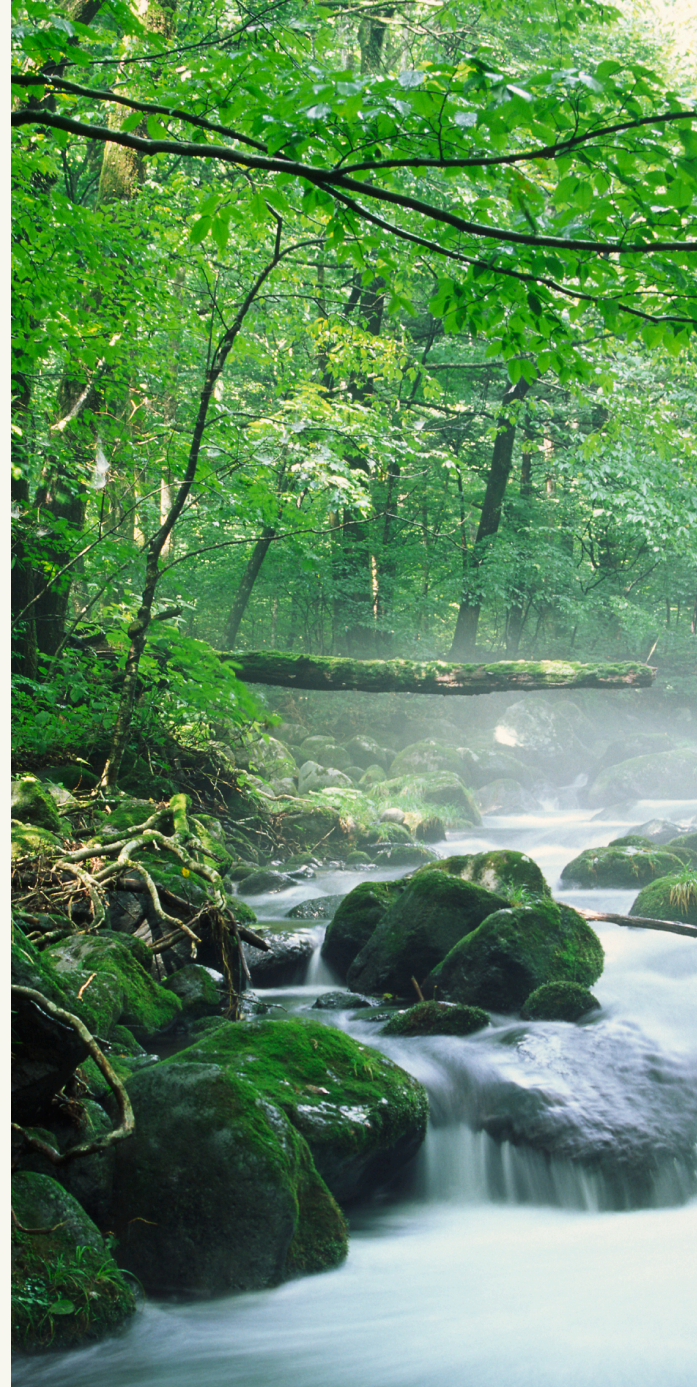
A HEALING TOUCH IN THE MIDST OF
BROKENNESS.

DISTRESS TOLERANCE
MINDFULNESS
EMOTION REGULATION
INTERPERSONAL EFFECTIVENESS





CrossRoads Counseling Centers
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**FIND GOD'S REFRESHING DESIRES FOR
 YOUR LIFE. A HEALING TOUCH IN THE
 MIDST OF BROKENNESS.**

DISCOVER

- COURAGE**
- BALANCE**
- HARMONY**
- COMPASSION**



THIS INWARD JOURNEY WILL
 ADDRESS ASPECTS OF
 BROKENNESS AND INTERNAL
 CHAOS ALLOWING GOD TO
 SPEAK INTO YOUR LIFE.

Led by Marianne Burke, MA, LPC, *STILL WATERS* focuses on developing mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. Using Scripture, handouts, *Calming the Emotional Storm*, and Marsha M. Linehan's DBT Skills workbook, time will be spent learning new skills, sharpening old skills, and reflecting on Truth. More information is available by contacting Marianne Burke at 314-469-5522 extension 22.

Forty-five dollars per session, 24 sessions presented in four modules; each ranging from 2 to 7 sessions. Materials are additional. Some insurance plans may offer group therapy coverage. Please check with your provider.

CrossRoads Counseling Centers is a non-profit organization committed to facilitating substantial change in peoples' lives and relationships through individual, family, and group therapy.

"We live, in fact, in a world starved for solitude, silence, and private; and therefore starved for meditation and true friendship."

- C.S. Lewis



MADE to be MORE

STILL WATERS
WOMEN'S DBT SKILLS GROUP
A UNIQUE THERAPY EXPERIENCE