

Radically Open (RO-DBT)

Adult Group Therapy

Tuesdays Virtual Co-Ed group from 1:00 to 2:00pm
Wednesday's in person for eating disorder recovery
from 11:30 to 12:30pm

30-Week Commitment

\$195 for the assessment/\$67 per group session



Are You A Perfectionist?

Do You Have Trouble Connecting With Others?

Has It Been Said That You Can Be Controlling?

FOCUSES:

- FLEXIBILITY TO LIFE CHANGES
- SHARING AND COMMUNICATING AUTHENTIC EMOTIONS
- BUILDING SOCIAL CONNECTEDNESS
- OPENING UP TO FEEDBACK | PRAISE FROM OTHERS

CLIENTS STRUGGLING WITH:

- CHRONIC ANXIETY
- CHRONIC DEPRESSION
- AVOIDING NEW EXPERIENCES
- HIGHLY PERFECTIONISTIC TENDENCIES
- SENSITIVITY TO THREAT
- RIGIDITY AND OVER RELIANCE ON RULES
- RELINQUISHING CONTROL
- IMPLoding ON SELF RATHER THAN EXPLODE ON OTHERS

RO-DBT HELPS:

- ANOREXIA NERVOSA
- OBSESSIVE-COMPULSIVE PERSONALITY DISORDER
- AUTISTIC SPECTRUM DISORDER
- CLUSTER C PERSONALITY DISORDERS
- AVOIDANT PERSONALITY DISORDER
- TREATMENT-RESISTANT DEPRESSION AND ANXIETY

Tara Arnold, PhD, LCSW, CEDS-S, RYT-200

Tara Arnold is a Licensed Clinical Social Worker with a Doctorate in Social Work. She is intensively trained in Dialectical Behavior Therapy (DBT), and she is a Certified Eating Disorder Specialist by the International Association of Eating Disorder Professionals. She is also Level 2 RO DBT trained.

Dr. Arnold has been in private practice since 2003 treating eating disorders and substance abuse, and she has been a national DBT & eating disorder educator since 2000.

Dr. Arnold provides individual and group therapy as well as clinical supervision and training for professionals. In her practice, she has an empathetic, kind, and warm presence with her clients. Her love of learning makes her curious, engaged, compassionate, and attuned. Through intellect, deep care, and compassion, a sacred space for healing is created where connection, trust, and growth are nurtured.

Dr. Arnold conducts individual and group supervision for therapists enhancing their clinical skills, particularly DBT and certified eating disorder specialist credentials. Case consultation, practice development, ethics, and content-specific skills based training is provided.



WHOLEHEART
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If you're interested in learning more,
reach out to Dr. Tara Arnold at
taraarnoldinc.com or 404-964-6629
to schedule a interview.