

# DBT SKILLS SUPPORT GROUP



**Day:** Wednesday  
**Time:** 8:00 pm  
**Duration:** Ongoing  
**Cost:** \$40/session

## GROUP DESCRIPTION

This group was created as an extension of our DBT Skills Training Group in response to our client's wish to have continued group support in utilizing their skills. Clients will be asked each week to share with the group a time this week when they felt they had a win in using their skills and an occasion where they struggled. Group members will provide empathy, validation, and (if they want it) the group's feedback and ideas on how to manage similar situations in the future. Homework will be assigned on occasion.

## ATTENDANCE, TIME AND LENGTH

This is an open group, which means that you may attend as often and for as long as you wish. The group will be ongoing as long as there is regular attendance. We ask that you notify us 48-hours in advance if you will not be attending as the group will be cancelled for that week if less than 3 clients plan to attend. The time of each individual session will be based on how many clients attend that week: 8+ participants 90-minutes, 7 participants 80-min, 6 participants 70-min, 5 participants 60-min, 4 participants 50-min, and 3 participants 40 -min.

## REQUIREMENTS

- Clients must have received prior DBT skills training
- Clients must be in individual therapy
- Client must sign release for group therapist to speak to individual therapist
- A free 15-minute screening with clinical director to determine if group is
- A 60-minute intake with group leader
- Willingness to participate in group discussion

**ROOTS & BRANCHES THERAPY**

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DBT  
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