

DBT SKILLS TRAINING GROUP



Day: Mondays
Time: 7:00 - 8:30pm
Duration: 12 Weeks
Cost: \$40/session

GROUP DESCRIPTION

DBT was created by Martha Linehan to treat people struggling with Borderline Personality Disorder, which had previously been deemed untreatable. We find that DBT skills (including Mindfulness, Interpersonal Effectiveness, Emotional Regulation, and Distress Tolerance) are useful to everyone. Including us! Group participants will receive psychoeducation on the skills, discuss how they utilize them in daily life, and empathize and troubleshoot challenges with one another.

REQUIREMENTS

- 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
- Attendance at all 12 sessions (barring true emergency)
- Willingness to participate in group and practice skills during the week

CURRICULUM

	1	DBT Skills Group & Behavior Chain Analysis
	2	Distress Tolerance Skills I: Crisis Survival Skills
	3	Distress Tolerance Skills II: Radical Acceptance
	4	Distress Tolerance Skills III: Willingness
	5	Distress Tolerance Skills IV: Changing Unhealthy Behavior
Week	6	Mindfulness Part I: What & How Skills, Wise Mind & Dialectics
	7	Interpersonal Effectiveness Skills I: Myths DEARMAN GIVE FAST
	8	Interpersonal Effectiveness Skills II: Building and Ending Relationships
	9	Interpersonal Effectiveness Skills III: Balancing Acceptance and Change
	10	Emotional Regulation I: Overview Reducing Vulnerability to Emotion Mind
	11	Emotional Regulation II: Understanding & Naming Emotions
	12	Emotional Regulation III: Changing Emotional Responses

ROOTS & BRANCHES THERAPY

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**Free Digital
DBT
Workbook**