

DIALECTICAL BEHAVIOUR THERAPY SKILLS GROUP THERAPY



WHO IS DANIEL RABINOWITZ?

(DBT-Linehan Board of Certification, Certified Clinician™)



As a clinical psychologist, I consider it a privilege to work with individuals on the deepest levels. My primary approach to treatment is dialectical behaviour therapy (DBT), a method I am deeply passionate about for its strong foundation in scientific evidence. I am one of two **Certified Clinicians™** of the renowned world-wide **DBT-Linehan Board of Certification** in South Africa. With this expertise, I am committed to providing you with professional, compassionate care of the highest standard.



DIALECTICAL BEHAVIOUR THERAPY SKILLS GROUP
MONDAYS 18h00 to 20h00 FROM 03 AUGUST 2026
Suite 505, THE EQUINOX, 156 MAIN ROAD, SEA POINT

Dialectical behaviour therapy (DBT) is an evidence-based therapy, meaning it has been shown to work for individuals who experience extreme and intense emotions, have difficult and sometimes tumultuous interpersonal relationships, and act impulsively. The emphasis of DBT skills group sessions is on learning skills to regulate emotional distress.

WHEN IS THE FIRST DBT SESSION?

The first session is an individual commitment session and must take place before the start of the course. The first session is charged at standard practice rates. You are required to set up an individual appointment to introduce you to DBT, to give you an idea of what to expect from the 16-week course, and to meet me, your primary group facilitator.



 **CAPE TOWN
PSYCHOLOGISTS**

Talk to Us



HOW LONG IS THE COURSE?

There are 16 Monday sessions from 18h00 to 20h00 sharp. These 16 sessions are divided into four modules each: 1. Mindfulness; 2. Distress Tolerance; 3. Emotion Regulation; and 4. Interpersonal Effectiveness. To complete the course, you are required to complete all 16 sessions consecutively. Each four-week module repeats some of the components of the previous module to encourage you to remember the content. DBT is all about repetition and retention of the information and then implementing it into your daily life.

HOW MANY SESSIONS MUST YOU ATTEND?

Once you have committed to the Monday sessions, you are required to attend every Monday for 16 weeks. This is your commitment to the DBT course. The Monday sessions are 'closed' groups, meaning that we wait for at least six people to join the group before commencing the 16-week cycle. The Monday sessions may not be directly consecutive. For example, due to public holidays, or other reasons based on group consensus, we may skip a week.

HOW DOES DBT WORK?

The DBT sessions will work if you put in the effort. What you put in is what you get out. There is no magic bullet here. The idea is to practice new behaviours. You can learn more about DBT by watching the following video:

<https://youtu.be/G3yiv9fZ1Bc?feature=shared>

WHAT HAPPENS IN A DBT SESSION?

Usually, we devote an hour of the session to reviewing your homework/diary card and revising the skills learned from the previous session. The diary card is a way of helping you and the group facilitator to understand what worked and what still needs to be worked on. We devote the other hour of the session to teaching new skills, which is an essential part of learning how to change behaviours and regulate emotions.



WELCOME TO DBT

I am excited that you are considering the dialectical behaviour therapy course. The course takes place on Mondays, 18h00 to 20h00. Once you have committed to the Monday sessions, you are required to attend every Monday for 16 consecutive weeks.

The course consists of the following sessions:

~1~

One individual session that you are required to set up to introduce you to DBT, to your therapist, and to give you an idea of what to expect in the course.

~2~

There are 16 consecutive group sessions facilitated by your DBT skills group therapist, and *usually co-facilitated by another trainee facilitator. The trainee facilitator is a psychology student or international intern studying DBT skills groups. This trainee may attend one or more of the skills group sessions.*

I'M INTERESTED!

NOW WHAT?

COST OF THE SESSIONS

The fee for the commitment session is R1,710 payable immediately after the individual appointment. The fee for the 16 group sessions is R5,500 payable before the first session, and two payments of R2,500 over two months. Therefore, the total sum of the course you will be paying is **R12,210 inclusive of the commitment session**. You are liable for the full amount of the DBT course regardless of whether you attend the full course or not. This is because the DBT course is not charged a per-session rate but rather as a course that you pay as a whole. Of course, non-attendance of sessions is regarded as a lack of commitment to behavioural change and may be raised by the course facilitator.



EMAIL ME TO BOOK YOUR PLACE

Email. danielpsychologist@gmail.com (or call 021 286 9310)

For more information, visit www.danielpsychologist.com

BANK ACCOUNT DETAILS

BANK NAME: DISCOVERY BANK

ACCOUNT: DANIEL RABINOWITZ

BANK ACCOUNT NUMBER: 11687877718

ACCOUNT TYPE: CURRENT

BRANCH NAME: UNIVERSAL

BRANCH CODE: 679000

16-WEEK PROGRAMME

COMMITMENT SESSION 1 hour Individual Counselling

SESSION 1
2 hours
What is DBT?
Validation and Diary Card
Mindfulness 1

SESSION 2
2 hours
Emotion Regulation 1

SESSION 3
2 hours
Emotion Regulation 2

SESSION 4
2 hours
Emotion Regulation 3

SESSION 5
2 hours
Emotion Regulation 4

SESSION 6
2 hours
Mindfulness 2

SESSION 7
2 hours
Interpersonal
Effectiveness 1

Session 8
2 hours
Interpersonal
Effectiveness 2

SESSION 9
2 hours
Interpersonal
Effectiveness 3
Dialectics in-depth

SESSION 10
2 hours
Interpersonal
Effectiveness 4
Revision and Role-Plays

SESSION 11
2 hours
Mindfulness 3

SESSION 12
2 hours
Distress Tolerance 1

SESSION 13
2 hours
Distress Tolerance 2

SESSION 14
2 hours
Distress Tolerance 3

SESSION 15
2 hours
Distress Tolerance 4

SESSION 16
2 hours
Mindfulness 4
Interpersonal
Effectiveness
Contingencies
Dialectics Revision
Closure and Graduation

You may wish to repeat the DBT course of 16 sessions as you continue to build a life worth living.

In our experience, repeating the course helps an individual to solidify the DBT skills and to reinforce the modules.

DBT SKILLS MODULES

