



DBT SKILLS GROUP

WHAT IS A DBT SKILLS GROUP?

If you join a DBT Skills group, you will be learning a new skill each week with the support of group members and facilitators. There will be homework given each week to help you try out these new tools in your life. If you weren't able to get the homework done, you will receive support to see what got in the way so that you will be more likely to do the homework next session.

DBT Skills group is not a therapy group- it's more like taking a class. The group isn't focused on processing feelings or focused on providing support to group members. The purpose of it is to teach you skills so that you can build the life that you want in a supportive environment.

WHAT WILL I LEARN?

- 1. Mindfulness** – Learn how to pay attention to the present moment.
Do you find yourself getting caught up in the same cycle of behaviours over and over again? Do you find it difficult to tolerate painful thoughts and emotions?
Mindfulness can help you learn how to pay attention on purpose, change impulsive behaviour and habits, and help you stay in the present instead of living in the past or future.
- 2. Distress Tolerance**- Learn how to get through a crisis without making matters worse.
For example, if you become angry with a friend and start yelling after having a really bad day, and that leads to a bigger fight and you feel even worse.
If you can't fix the problem right now- it can be important to find ways of riding out painful feelings until they pass.
- 3. Emotion Regulation**- Learn how to increase positive emotions and reduce negative emotions.
Do you struggle to know what you are feeling and why you are feeling that way? Do you struggle with emotions that feel out of control? Is it hard to feel positive emotions?
Emotion regulation skills can help you identify your feelings, understand what causes emotions including emotions that feel like they come out of the blue, and give you skills to feel more in control.
- 4. Interpersonal Effectiveness**- Learn how to ask for what you want or say no, while keeping a good relationship, and maintaining your self-respect.



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WHAT IS THE GROUP FORMAT?

There will be 4-6 group members and 2 facilitators.

The group will go over confidentiality to make sure each group member's privacy is respected. Group members will have access to facilitators outside of group hours to get homework support.

The group will take place once a week for 12 weeks. Each group is 2hr 15 mins.

- ❖ **Opening mindfulness exercise** (mindfulness is not meditation- it's not about sitting still).
- ❖ **Homework Review.**
- ❖ **Learning a new skill from 1 of the 4 modules.**
- ❖ **5-minute break**
- ❖ **Continue learning the skill.**
- ❖ **Closing mindfulness exercise.**