

DBT GROUP

START DATE:

TIME:

LOCATION:

DURATION:

FACILITATOR:

DIALECTIC BEHAVIOR THERAPY

THE PURPOSE OF THIS GROUP IS TO PROVIDE CLIENTS WITH LIFE ENHANCEMENT SKILLS. THE GROUP INTRODUCES MINDFULNESS, EMOTION REGULATION, INTERPERSONAL EFFECTIVENESS AND DISTRESS TOLERANCE.

TO REGISTER CONTACT

Group Proposal

Title: DBT: Dialectic Behavior Therapy

Purpose: The purpose of this group is to provide clients with the life enhancement skills of Dialectic Behavior Therapy. The group introduces mindfulness, emotion regulation, interpersonal effectiveness and distress tolerance. This is a psycho educational group that utilizes skill development, weekly homework and self monitoring cards to assist clients in improving ability to cope with relationships and stress.

Outcome: Through attending group sessions, clients will learn emotional regulation, distress tolerance and interpersonal skill development which will enhance client's lives and improve their ability to manage and cope with day to day expectations and stress.

Treatment Process: The format of this group is based upon Marsha Linehan's Dialectic Behavior Therapy curriculum. It focuses on unhealthy behavior patterns, inability to cope with difficult emotions and interpersonal conflict. This treatment modality is skills based, placing emphasis on practicing skills daily rather than processing personal difficulties. Clients are required to be meeting with an individual therapist while being enrolled in the group, as this is the container for processing personal difficulties and how they pertain to skill development.

Length/Duration/Referral: This is a 10 week closed group as material is built upon weekly. Group will last 1 ½ hours and will consist of 10 participants.