

13-Week DBT Skills Training Treatment Group

What is the DBT Skills Training Treatment Group?

The Dialectical Behaviour Therapy (DBT) Group is a skills training group. The word 'dialectical' means a synthesis or bringing together things that are opposites. For example, therapists accept clients as they are, while also acknowledging that clients need to change to reach their goals. There are 4 modules: mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness.

Who is the treatment group for?

This group is for individuals who have a hard time controlling and expressing their emotions effectively. This may include clients with Borderline Personality Disorder, as well as mood and anxiety disorders.

When and where is the treatment group held?

You will be placed on a referral list and be given the chance to attend group in order of referral date. If you have not heard from a clinic in 3 months, please contact the clinic that put you on the referral list.

What is expected of me?

You will be given handouts and homework to complete at home. We will review the handouts and homework in each session. Members are expected to arrive on time, actively take part, complete homework assignments, and attend every session. If you miss more than 3 sessions, you will not be allowed to continue with the group because you have missed too much material.

What will I learn?

<p>Mindfulness</p> <p>The practice of being fully aware and present in the moment (2 weeks)</p>	<ul style="list-style-type: none"> • Wise mind • Skills for mindfulness • Using skills for mindfulness
<p>Emotional regulation skills</p> <p>The practice of learning how to change emotions (4 weeks)</p>	<ul style="list-style-type: none"> • Understanding and naming emotions • Accumulating positive emotions • Taking care of your mind by taking care of your body • Mindfulness of emotions • Opposite action
<p>Distress tolerance skills</p> <p>How to tolerate pain in difficult situations (3 weeks)</p>	<ul style="list-style-type: none"> • Self-soothing • Distraction • Improving the moment • Reality acceptance
<p>Interpersonal effectiveness</p> <p>How to ask for what you want and say no while maintaining self-respect and good relationships with others (4 weeks)</p>	<ul style="list-style-type: none"> • Goals of interpersonal effectiveness • Getting what you want • Relationship effectiveness • Evaluating your options

Two modules are acceptance-oriented skills (mindfulness and distress tolerance) and 2 modules are change-oriented skills (emotional regulation and interpersonal effectiveness). In addition to these 4 modules, mindfulness will be integrated throughout the sessions.

Looking for more health information?

This pamphlet and all our active patient pamphlets are searchable here: <http://bit.ly/NSHApamphlets>
 Contact your local public library for books, videos, magazines, and other resources.
 For more information go to <http://library.novascotia.ca>

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