

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 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 people who have a hard time controlling and expressing their emotions effectively.

How do I join the treatment group?

You must first attend an information session. This session will help you understand what DBT is and the options for receiving DBT in the public health service. We will also give you resources to use while you are waiting for DBT services.

When and where is the treatment group held?

The group is offered at different times and locations throughout HRM (Halifax Regional Municipality). We will give you more details at the information session.

What is expected of me?

You will be given handouts and homework to do at home. We will review the handouts and homework in each session.

Group 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 would have missed too much material.

What will I learn?

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

Two modules are acceptance-oriented skills (mindfulness and distress tolerance) and two modules are change-oriented skills (emotional regulation and interpersonal effectiveness). Mindfulness is also integrated throughout all of the sessions.

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!
www.nshealth.ca*

*Prepared by: Community Mental Health and Addictions Service
Designed by: NSHA Library Services*

The information in this handout is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.