

13-Week Dialectical Behaviour Therapy (DBT) Skills Training Treatment Group

What is the DBT skills training treatment group?

- The word **dialectical** means “bringing together things that are opposites”.
- In DBT, this means you and your therapist can accept you as you are right now, while you work together to help you change what you need to so that you can reach your goals.
- The DBT Skills Training Group has 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 come to an information session before you join the group. At this session, you will learn more about what DBT is and about your options for having DBT through public health services. 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 the province. We will tell you more about this at the information session.

What will I need to do in the treatment group?

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

What will I learn?

Module:	Ideas and skills we will cover:	Length:
Mindfulness You will learn how to be 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 You will learn 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 You will learn how to tolerate painful emotions in hard situations.	<ul style="list-style-type: none"> • Self-soothing • Distraction • Improving the moment • Accepting reality 	3 weeks
Interpersonal effectiveness You will learn how to ask for what you want and say no while keeping 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

- 2 of the modules teach **acceptance-oriented** skills (mindfulness, distress tolerance).
- 2 of the modules teach **change-oriented** skills (emotional regulation, interpersonal effectiveness).
- You will use mindfulness skills each session.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Community Mental Health and Addictions Service
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