

# DBT SKILLS GROUPS

## Conscientiously Learning to Accept & Improve

**Marsha Linehan's Dialectical Behavior Therapy (DBT)** was adapted using cognitive-behavioral therapies, with the incorporation of mindfulness, the idea of radical acceptance, and behavioral approaches to treatment.

DBT aims to treat complex emotional and behavioral dysregulation problems and a core component to this therapy is the skills training groups. The focus within the groups is on skills-building through four main modules.

### THE SKILLS MODULES

Our DBT informed skills training groups for middle school, high school, and early college-age youth aim to treat the following:

- **Individuals who refuse to go to or participate in school or have other chronic avoidance issues**
- **Behavioral concerns**
- **Relational difficulties**
- **Impulsivity**
- **Self-harm behaviors and suicidal ideation**
- **Difficult-to-treat anxiety and depression**
- **Persistent relationship struggles**

#### MINDFULNESS & ORIENTATION

Members become oriented to the rules of participating in a DBT skills group as well as set goals for themselves. Members learn what mindfulness is: the act of consciously focusing the mind in the present moment, without judgment and without attachment to the moment to reduce suffering, increase happiness, and increase control of the mind.

The skills taught:

- Wise Mind
- What Skills
- How Skills

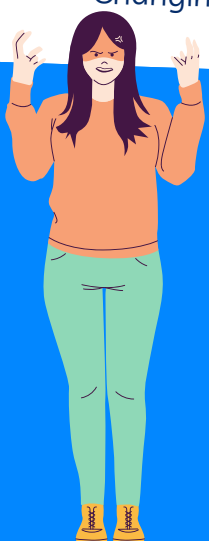


#### EMOTION REGULATION

The goal of emotion regulation is to reduce emotional suffering. The goal is not to get rid of emotions; emotions have important functions in our lives.

The skills taught:

- Understanding & naming emotions
- Changing unwanted emotions

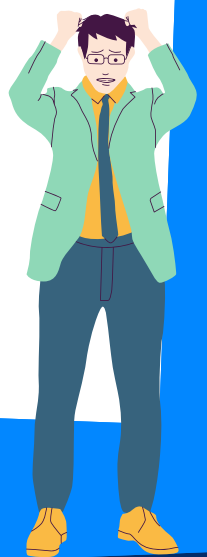


#### DISTRESS TOLERANCE

Distress tolerance is the ability to tolerate and survive crises without making things worse. We cannot avoid pain or distress, as they are a part of life and cannot be removed. Tolerating the distress is essential as efforts to escape pain will interfere with your efforts to establish desired changes.

The skills taught:

- Crisis Survival
- Reality Acceptance



#### INTERPERSONAL EFFECTIVENESS

Interpersonal effectiveness skills help you build new relationships, strengthen current ones, and deal with conflict situations. They help you effectively ask for what you want and say no to unwanted requests.

The skills taught:

- DEAR MAN
- GIVE
- FAST



FOR MORE INFORMATION PLEASE CONTACT US

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