

Brief Dialectical Behavior Therapy (DBT) Skills Group

Saturdays 10-11:15am on Zoom

Group Leaders:



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Brief DBT Skills Group is a weekly, skills-based, psychotherapy group designed to help individuals increase behaviors that lead to a valued, meaningful life and decrease problem behaviors that lead to suffering. This group is intended to help adults learn to be more mindful, accept aspects of life that cannot be changed, tolerate distress more effectively, manage difficult emotions, and communicate skillfully. The group is best suited for individuals who:

- ▶ **Are adults (age 18+)**
- ▶ **Have a primary individual therapist**
- ▶ **Struggle with emotional instability and/or conflicts in interpersonal relationships**
- ▶ **Are new to DBT, but do not require the intensity of a full model DBT program; or are looking to refresh previously learned DBT skills**



The group meets online via Zoom every Saturday from 10am-11:15am. The cost of each session is \$125. There are typically 5-8 people in this group. Enrollment is ongoing and members can join at any time. Members complete a full cycle of all four skills modules in 6 months. However, each cycle includes varied skills, so members may benefit from completing multiple cycles of skills.

What is DBT?

Dialectical Behavior Therapy (DBT) is designed to help individuals build a life worth living by learning to identify the causes and function of problem behaviors and replace such behaviors with effective coping skills. DBT has four core skills modules

- ✓ **Mindfulness:** being present-focused & accepting reality as it is.
- ✓ **Distress Tolerance:** tolerating crisis situations without making them worse.
- ✓ **Emotion Regulation:** identifying and managing difficult emotions.
- ✓ **Interpersonal Effectiveness:** communicating your needs, managing conflicts, & setting boundaries.

What is this group like?

***Please note: this group is not a full model DBT program. If a full model DBT program has been recommended, this would not be an appropriate fit for your needs.

Brief DBT skills group is shorter in duration, less intensive, and does not cover the wrap-around support of a full model DBT group. The group uses a didactic and discussion-based approach to facilitate learning. Members will be asked to practice DBT skills between sessions to integrate into their daily routine. We begin with a brief mindfulness exercise and then allot time for each group member to share about their skills practice. In each session, we teach a new skill and discuss how it can be applied in daily life.

