

Dialectical Behavior Skills Group

*Research Based Skills Group for Managing
Intense Emotions*

What to Expect

DBT includes a combination of weekly group skills training and individual therapy. The group is different from traditional group therapy in that it involves active learning of new skills, rather than open-ended processing. **It is a 6 month commitment and weekly attendance is required.** During DBT you will take an active role in monitoring your progress as you learn and apply new skills to build a better life.

There are four main skills in DBT:

1. *Mindfulness Meditation.* These skills center on learning to observe, describe and participate in all experiences (including thoughts, sensations, emotions and things happening externally in the environment) without judging these experiences as "good" or "bad." These are considered "core" skills that are necessary in order to implement the other DBT skills successfully.
2. *Interpersonal Effectiveness.* The focus of this skill module is on learning to successfully assert your needs and to manage conflict in relationships.
3. *Distress Tolerance.* The distress tolerance skills module promotes learning ways to accept and tolerate distress without doing anything that will make the distress worse in the long run (e.g., engaging in self-harm).
4. *Emotion Regulation.* In this module, patients learn to identify and manage emotional reactions.

Costs and Insurance Coverage

Most insurances cover the group or we offer private pay. The actual cost will depend on your

insurance. There is a deposit due to reserve your spot once you've been accepted into the program.



How to Sign Up

We will schedule you with one of the Instructors for an orientation session to discuss the 6 months commitment to DBT and decide together if DBT is right for you. Contact us to schedule an appointment. If you are a current patient, please speak with your provider or therapist about a referral to the DBT program.

NEXT GROUP:

Tuesdays from 5:00pm-7pm, Ongoing
Thursday from 4:00pm-6pm, Ongoing
(Online)

PHONE: (336) 722-7266

ONLINE: <https://www.moodtreatmentcenter.com/grouptherapy/>

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