

DBT Skills Study Group – Informative Document

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Format: Weekly online meetings

Duration: 6 months

Welcome

Embark on a transformative journey with the **DBT Skills Study Group** — a 6-month program designed to deepen your understanding and practice of Dialectical Behavior Therapy (DBT). Through weekly online meetings, participants will explore and apply DBT skills in a supportive, collaborative environment, fostering both personal growth and professional development.

Program Objectives

Participants will learn to:

- Understand the foundations of DBT and its therapeutic applications.
- Practice mindfulness skills to enhance present-moment awareness.
- Develop distress tolerance strategies to navigate crises effectively.
- Strengthen emotion regulation skills to manage intense feelings.
- Build interpersonal effectiveness skills to improve relationships.
- Apply DBT skills in daily life through experiential practice and reflection.

Topics Covered

1. Introduction to DBT

- Overview of DBT principles and philosophy.
- Understanding dialectics and balance between acceptance and change.

2. Mindfulness

- Core mindfulness practices.
- Cultivating awareness, non-judgment, and presence.

3. Distress Tolerance

- Crisis survival strategies.
- Radical acceptance and self-soothing techniques.

4. Emotion Regulation

- Identifying and labeling emotions.
- Reducing vulnerability to emotional dysregulation.
- Increasing positive emotional experiences.

5. Interpersonal Effectiveness

- Assertiveness and boundary-setting.
- Balancing self-respect with relationship needs.
- Skills for conflict resolution and effective communication.

6. Integration and Practice

- Applying DBT skills in everyday life.
- Overcoming barriers to skill use.
- Reflection on personal and professional growth.

Structure of the Program

- **Weekly Online Meetings:** 2 hours per session.
- **Format:** Interactive discussions, practical exercises, role-plays, and experiential learning.
- **Supportive Environment:** Collaborative practice with peers, guided by facilitator expertise.
- **Application:** Participants actively integrate DBT skills into their personal and professional contexts.

Evaluation and Completion

At the end of the 6-month program, participants will undergo a comprehensive evaluation to ensure proficiency in DBT skills. Successful participants will receive a **Letter of Completion**, affirming their accomplishment in this foundational DBT study group.

Why Join?

- Gain practical tools to manage emotions, relationships, and crises.
- Enhance therapeutic skills for professional practice.
- Experience personal growth through mindfulness and values-based living.
- Connect with a community of learners committed to psychological well-being.