



## **CANADIAN MENTAL HEALTH ASSOCIATION, MUSKOKA-PARRY SOUND**

### **Dialectical Behaviour Therapy (DBT) Skills Group**

The Dialectical Behaviour Therapy Skills Group is a specialized skills-based group that is designed to help participants cope with distress and emotional regulation struggles. The program runs for 16 weeks. Following a DBT model, the program is divided into 4 modules: 1) Core Mindfulness, 2) Interpersonal Effectiveness, 3) Emotional Regulation and 4) Distress Tolerance.

The program starts with participants engaging in 4 weekly 1 hour sessions of mindfulness-focused coping strategies. This is a readiness group in which the core skill of mindfulness is introduced and practiced. These 4 consecutive sessions run from 10:30-12 on Tuesdays.

Upon satisfactory completion of the mindfulness sessions, participants can continue on with the 3 subsequent modules – Interpersonal Effectiveness, Emotional Regulation and Distress Tolerance. These group sessions run from 1-3 on Tuesday afternoons on a continuous basis.

The facilitators of the program are registered Masters level therapists and / or social workers with DBT and group facilitation training. The facilitators also work as crisis workers and / or counsellors at the Canadian Mental Health Association, Muskoka-Parry Sound.

This skills group is intended to provide people who struggle with emotional dysregulation some skills to 1) better manage distressing emotions 2) improve the quality of important relationships in their lives and 3) better manage and reduce frequency of crisis situations.

The sessions are built around the principles of Dialectical Behaviour Therapy, a well-recognized, psychotherapeutic intervention for individuals with mood regulation struggles.

## **GROUP GUIDELINES**

1. Participants are requested to commit themselves to the entire 16 week program. Each session is built on the material developed in the previous sessions. If a person misses more than 2 sessions, they will be asked to consider starting the program again when commitment is more likely. Groups are considerably disrupted when members are not present. If you know you cannot attend a session, please call (705) 645- 2262 to cancel.
2. Commitment to the group and skill development includes trying homework and practicing the skills throughout the week.
3. Confidentiality is primary. Group members agree to keep any identifying information within the room. Any information re coping and DBT skills can be shared with support people and loved ones outside the group - but any identifying and / or personal information and sharing remains in the group.
4. While there will be opportunity for reflection and sharing related to the group material, there is no pressure to disclose personal information in the group. Participants will have different comfort levels talking / sharing in group. Group members need to respect these differences. We ask that details of trauma and /or self-harming is not shared in the group or with group members outside of group as it may be triggering to other participants.
5. This is a skills based group. A structured agenda will be followed each session keeping group members focused on developing and adopting helpful tools.
6. Persons who present for group who appear to be under the influence of alcohol or illicit substances will be asked to leave the session.

*For more information, please contact  
Canadian Mental Health Association, Muskoka-Parry Sound at 705 645 2262.*