

# Dialectical Behaviour Therapy (DBT) Skills Group

## Eligibility:

- 18 years old or older
- Meet with an individual therapist (Psychologist, psychiatrist, counsellor etc.) on a regular basis while participating in the group.

## How to Enroll:

Contact Hope Psychology by telephone at **236-897-0746** or using the "contact" box at [www.drnorahope.com](http://www.drnorahope.com).

The cost for the course is \$130 per session (total \$2,730) plus a one-hour pre-group meeting to assess eligibility at the cost of \$225.

**What is DBT?** Dialectical Behaviour Therapy (DBT) is an evidence-based cognitive behavioural treatment (CBT) that combines the problem-solving aspects of CBT with mindfulness in order to promote both **acceptance** (e.g., accepting oneself and reality of current challenges) and **change** (e.g., changing destructive or avoidant behaviours). DBT was developed by Dr. Marsha Linehan to help individuals struggling with complex problems related to

**emotion dysregulation, suicidal behaviour and self-harm, and/or substance use.** Typically, comprehensive DBT involves both weekly individual therapy and group skills training to help treat emotion dysregulation and to decrease impulsive behaviours. However, emerging empirical research shows that DBT group skills training alone\* can help improve emotion regulation, and decrease symptoms of anxiety, as well as self-destructive urges.

*\* DBT skills group is an adjunct to, but not a substitute for individual treatment. All participants must meet with an individual therapist (e.g., psychologist, psychiatrist, counsellor, etc) on a regular basis while participating in group.*

**The DBT Skills Group** is aimed at helping you respond to painful thoughts, emotions, and situations more effectively in order to reach your goals, avoid the long-term consequences of unhealthy coping behaviours and to build a life worth living. The **21-week skills group** is a course where you will be learning new skills every week from the following four modules:

Mindfulness

Emotion Regulation

Distress Tolerance

Interpersonal Effectiveness

**Mindfulness** to increase control over your attention, and to step back from painful thoughts and emotions rather than letting them control your behaviour.

**Emotion regulation** to better understand your emotions, to unglue interpretations from facts, to reduce emotional vulnerability, and to change unwanted emotions.

**Distress tolerance** to increase the variety of ways to manage crises without making the situation worse. Learn radical acceptance for accepting difficult situations that have already happened or cannot be changed.

**Interpersonal Effectiveness** to strengthen healthy relationships, to set limits on unhealthy relationships that erode your self-respect and to communicate effectively to increase the likelihood of getting your needs met.

**Wednesdays from  
5:30pm-7:30pm  
January 12- June 1, 2022  
(21 weeks)**

**Held online via Zoom  
Telehealth**

## About the group leaders



Angelina Yiu, Ph.D., R. Psych (#2477) is a DBT ® Linehan Board Certified Clinician and Psychologist in Vancouver, B.C.

Nora Hope, Ph.D., R. Psych (#2355) is a Psychologist in Comox, B.C.

