



DBT-Informed Skills Training Group *Innovative Psychiatry, LLC*

DBT (Dialectical Behavior Therapy) is a behavioral therapy that incorporates elements of acceptance and mindfulness into its practice. It is an evidence-based treatment for many disorders, including Borderline Personality Disorder, Depression, Anxiety, PTSD, Substance Use Disorders, and Eating Disorders. Comprehensive DBT includes weekly individual sessions, weekly skills training groups, phone coaching, and coordination of ancillary supports. This group serves as the skills training component of DBT, but participation in the group alone does not equate to comprehensive evidence-based DBT. Skills training groups are shown to be highly effective for individuals struggling with difficult-to-control emotions, frequent crises, self-harming and/or suicidal behaviors, or tumultuous interpersonal relationships.

It is recommended that clients follow with an individual therapist while attending group.

Group Facilitators:

Lead Facilitator: Lauren Barris, LCSW-C

Population:

Young Adults (Ages 16-22)
Intake screening required

Group Size:

8-12 members

Modules

Emotion Regulation

Understanding and naming emotions
Changing emotional responses
Reducing vulnerability to intense emotions
Managing extremely difficult emotions

Interpersonal Effectiveness

Obtaining objectives and goals skillfully, without sacrificing your self-respect or damaging relationships.
Building up supportive relationships and ending destructive ones “Walking the middle path”
- Dialectics, validation, and behavior change

Distress Tolerance

Tolerating painful situations and surviving crises, without making things worse!
Reducing suffering, even though pain is unavoidable
Accepting reality and building a life you want

Structure & Content:

This group will cycle through 3 modules. Each module will begin with 2 weeks of mindfulness training, and will run for a total of 8-10 weeks depending on the module.

Contact the office for start date

**Groups will meet on Fridays from
4:30pm-6:00pm**

**Call the office at 443-543-0773 for pricing
information**