What is DBT?

Dialectical Behavior Therapy (DBT) is a 6-12 month treatment program developed by Dr. Marsha Linehan that is designed to help individuals who struggle with regulating their emotions. It combines cognitive behavioral techniques such as examining and challenging problematic thoughts and behaviors, with mindfulness, a concept that places emphasis on noticing and experiencing the present moment. DBT skills group will teach you to help manage painful thoughts and emotions, develop the ability to tolerate distress, and to assist you in building a life that you are proud of and passionate about.

What’s the purpose of skills groups in DBT?

Skills group is an essential component of DBT is where you learn the tools to help you build a life worth living. Just like most classes, you will be assigned homework and expected to practice between sessions.

Skills group is run like a classroom where you will be taught four skills modules:

**Mindfulness**- Learn to control your attention, decrease judgment, and increase your ability to control your thoughts, rather than your thoughts controlling you.

**Interpersonal Effectiveness**- Build and improve relationships that matter to you. These skills teach ways to interact with others that increases self-respect, as well as how to get your objectives met and to get your point of view taken seriously.

**Emotion Regulation**- Grow the ability to name your feelings, decrease their intensity, reduce avoidance, and learn what to do to decrease vulnerability to painful emotions. Learn ways to build more positive emotions into your life.

**Distress Tolerance**- Develop skills to manage a crisis without doing anything to make the situation worse and to tolerate and accept the pain that is an inevitable part of life.

How can I enroll in the DBT skills group program?

*The group is offered to individuals who are:*

1. 18 years old or over
2. Currently working with an individual therapist
3. English speaking

Please contact BETA to complete a screening. The DBT Skills Group is led by Adam Carmel, Ph.D. and runs weekly from 6:30-8:30. For more information, call at 617-738-1480, or email to lori@bostoneveningtherapy.com.