



Abbreviated DBT Skills Training: 10 Week Course + 2 hr Mindfulness Orientation

DBT HOUSE's 10 week program covers the basic DBT skills of Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness outlined in the ***DBT Skills Handouts and Worksheets: Second Edition by Marsha M. Linehan.***

In this group, participants will learn skills to assist with labelling and managing emotions; tolerating distress and accepting reality; increasing mindful awareness; and communicating needs to others.

All DBT Group Sessions are 120 minutes in length and conducted virtually.

DBT Skills Group Weekly Agenda:

- Mindfulness Practice
 - Review of Home Practice
 - New Skills Training
 - Check Out
- Group Discussion /
Application to Clinical Practice*

DBT encourages a home practice to generalize the skills we learn in Group. For this reason, homework is assigned and reviewed in each session.

Participants are required to attend the Mindfulness Orientation before starting the course. You can attend this session multiple times during the length of your course, which is recommended to assist with skill acquisition. (This session occurs every 3rd Sunday from 5-7pm EST)

Participants are required to have the following text: ***DBT Skills Training Handouts and Worksheets, Second Edition, 2015.*** You may consider purchasing the DBT Skills Training Manual instead, which comes with digital access to the Handouts and Worksheets, as well as teaching notes for each skill. This is recommended if you intend on leading a DBT Skills Group.

Course Schedule

Group Orientation & Mindfulness

This session will cover: Goals and Guidelines of Skills Training, Options for Solving Any Problem, Skills Training Assumptions, Goals of Mindfulness, Wise Mind, and the Mindfulness What & How Skills.

Distress Tolerance

- Week 1: Goals of Distress Tolerance, STOP, TIP
- Week 2: Distract, Self Soothe, Improve the Moment
- Week 3: Radical Acceptance and Turning the Mind
- Week 4: Willingness, Half Smile and Willing Hands

Emotion Regulation

- Week 1: Goals of Emotion Regulation, Understanding and Labelling Emotions, Myths about Emotions, A Model for Describing Emotions
- Week 2: Check the Facts, Opposite Action, and Problem Solving
- Week 3: Accumulating Positives in the Short Term and Long Term
- Week 4: Build Mastery, Cope Ahead, Reducing Vulnerabilities to Emotion Mind
(PLEASE)

Interpersonal Effectiveness

- Week 1: Factors that get in the way of being interpersonally effective, Clarifying Goals in Interpersonal Situations, Skills for Getting Our Needs Met (DEAR MAN)
- Week 2: Skills for Maintaining your Relationship in Interpersonal Situations (GIVE), Skills for Maintaining Self Respect in Interpersonal Situations (FAST)