



Interpersonal Effectiveness in DBT: 8-week (16 hours) Deep Dive into Interpersonal Skills

This DBT Group provides an in-depth training of the DBT skills of Interpersonal Effectiveness outlined in the DBT Skills Handouts and Worksheets: Second Edition by Marsha M. Linehan.

Interpersonal Effectiveness is all about creating healthy relationships and strengthening existing relationships. In this course you will learn skills for how to effectively ask for what you want (or say no), while also maintaining respect for yourself and others. In this experiential skills group you will learn essential skills for assisting your clients in improving their communication in relationships (and in yours as well)! As care providers, we have a tendency to value the needs of others over ourselves and may have difficulties with saying no. This leads to burnout, resentment and ultimately conflict in our relationships. Learn how to establish boundaries, while strengthening your relationships.

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.

Course Schedule

- Week 1: Goals of Interpersonal Effectiveness, Understanding Obstacles, Interpersonal Myths, Clarifying Goals in Interpersonal Situations
- Week 2: Skills for getting our needs met (DEAR MAN), Skills for asking for what you want while prioritizing your Relationship (GIVE), Skills for maintaining our Self Respect (FAST)
- Week 3: Evaluating Options, Troubleshooting
- Week 4: Building Relationships Overview, Finding and Getting People to Like You, Mindfulness of Others, Practicing Loving Kindness
- Week 5: Ending Relationships. Review of FAST skill
- Week 6: Dialectics
- Week 7: Validation of others, Identifying Self Validation and Recovering from Invalidation. Review of GIVE Skill.
- Week 8: Behaviour Change Strategies and Review