

Dialectical Behaviour Therapy (DBT) Skills Training Group

What is DBT?

DBT has been developed for clients with severe difficulties with distress tolerance, emotion regulation and interpersonal relationships. The focus of the skills coaching is on teaching strategies to better manage these aspects of living

This group is based on the work of Marsha Linehan and has become the gold standard for the treatment of Borderline Personality Disorder. DBT is also being increasingly used to treat symptoms of Post Traumatic Stress Disorder, depression, anxiety, substance dependence and eating disorders.

Modes of Treatment

Skills coaching sessions are designed to complement the regular therapeutic sessions with counsellors. The group sessions are facilitated by two DBT trained therapists who are also ISSC approved therapists. Sessions will be interactive and best suited for clients who are motivated to build a life that's worth living.

Referral Criteria

This DBT skills group will form part of the ACC Integrated Services for Sensitive Claims services delivered by Mind Frame NZ.

Clients eligible for participation in the DBT skills group will be those with an accepted ACC sensitive claim and are in the support to wellbeing phase of treatment.

They will have approval by ACC to attend the DBT skills training group.

Hours (for providers) to Request

SCGT – In-person triage for Group-based Therapy – 1 hour

SCGWL – Group-based Therapy (DBT 30-week course) in-person sessions – 104 hours

Programme Overview

The essential components of the skills group programme are skills focussed around 4 domains:

Mindfulness Skills — The core skill of DBT: This is about learning how to accept life as it is in the moment. The mindfulness skills in DBT come from eastern meditative skills which teach us how to guide the focus of our mind, bringing attention to the present moment.

Distress Tolerance Skills — These build on mindfulness skills to provide distress tolerance or crisis survival skills. These are skills for learning to tolerate emotional pain, without making the situation worse.

Emotion Regulation Skills — Again, based on mindfulness, i.e., learning how to observe, describe and participate in an emotion - and learning that the experience of emotion is not the same as the behaviour we do while feeling emotional. Through this, we learn strategies to accept and also change painful emotions, and to increase more positive mood states.

Interpersonal Effectiveness Skills — Relationships can be hard for people with intense emotions. Skills from the other modules can also help people manage emotions in relationships. The skills taught in this module are very practical ones, e.g. How do I go about getting my needs met without damaging a relationship? How do I learn to say no to people? How can I ask for what I want?

Course Information

Location:

Rangituhi Meeting Room
Pataka Art and Museum Centre
17 Parumoana Street, Porirua City Centre

Dates

- Block 1: 22.02.24 – 06.06.24
(excluding Anzac Day 25.04.24)
Every Thursday 10am – 12pm
- Block 2: 25.07.24 – 31.10.24
Every Thursday 10am – 12pm

For further information please contact:

Vicky Clothier – vclothier01@gmail.com

Dr Natalie Ilan - doctor.n.ilan@gmail.com

