

DIALECTICAL BEHAVIOR THERAPY (DBT)

DBT Skills Groups for Adults 19 yrs +

Developed by Dr Marsha Linehan

Has someone talked to you about DBT before, but you were unsure of what to expect, whether it was for you or not or even have a clear understanding of what DBT is?

This skills-based group is designed to help individuals build practical skills for managing intense emotions, improving relationships, and coping with stress in healthier ways other than sharing personal history in depth. DBT is an evidence-based approach that combines acceptance AND change strategies, supporting participants in creating more stability and balance in their lives.

In this structured, supportive group setting, members learn and practice skills in four key areas:

Mindfulness – *Staying present and aware without judgment*

Distress Tolerance – *Getting through difficult moments without making things worse*

Emotion Regulation – *Understanding and managing strong emotions*

Interpersonal Effectiveness – Communicating needs and maintaining health relationships

The group studies from the manual, ***DBT Skills Training Handouts and Worksheets***, by Marsha Linehan, who developed Dialectical Behavioral Therapy (DBT). You can purchase the manual online at: www.thriftbooks.com or www.amazon.com, etc.

This therapy group meets one-time weekly and is an “open” group. Therefore, there are members at all different skill levels. Each group will have no more than 10-12 members. Protocol requires that each member agrees to stay longer if there is a medical necessity. We leave this decision up to the individuals treatment team.

Additionally, DBT Skills Group is education and skills-focused, and includes guided instruction, discussion, and real-life application. It is appropriate for individuals experiencing anxiety, depression, emotional overwhelm or difficulty in relationships, as well as those who want to strengthen their coping skills.

Groups to choose from:

Tuesdays, 5:30 to 7:30 pm, facilitated by Hope Peabody

Wednesdays, 10:00 am to noon, (hybrid): facilitated by Hope Peabody

Thursdays, 1:00 to 2:30 pm, (virtual only): facilitated by Lindsay Kruse

Each week you will be asked to complete a worksheet from the manual to share in group the following week, regarding how you “practiced” using the skill. There will be a new skill introduced each week. Aside from sharing your worksheet, you can engage at your own pace. By sharing how we practiced the skill and listening to others, we learn that we’re not alone in our struggles, and we hear real life scenarios where healthier coping was practical.

DBT protocol requires to also be engaged in weekly individual therapy while attending the group to support integration and implementation of skills. While it is strongly encouraged to have a therapist who has a working knowledge of DBT, it is not required.

Combined, our facilitators, Hope Peabody & Lindsay Kruse, have 45 years of experience practicing DBT. And they are approved providers with most insurance companies. When making your decision it will be important to have a clear understanding of your insurance policy, deductibles, co-pay, etc., before you decide to commit. We bill \$70.00 per group session. We can offer a self-pay rate if you do not have insurance based on financial need.

If you are interested in joining one of our groups, you can call our business office 402.403.0190 to inquire about space availability and how to start your process of joining. Please know we do not maintain a waitlist.