



The Dialectical Behavior Therapy Principles

Facilitators:

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Level of Care Services: SACOT, SAIOP, OPBH

Meeting Time: Mondays -11:30-1:00 PM

Group Description:

- **The DBT Principles is a 12 –week structured group therapy Principles that is effective at helping clients manage overwhelming emotions without losing control or acting destructively.**
- **The DBT Principles teaches four critically important skills that can both reduce the size of emotional waves and help clients keep balance when emotions are overwhelming.**
- **The DBT Principles help participants build distress tolerance, which can help one to cope better with painful events**
- **The DBT Principles will teach skills to help participants increases mindfulness, which will help one to focus on the present moment while focusing less on the on painful past experiences or frightening possibilities in the future**
- **The DBT Principles teaches Emotion Regulation skills to help participants recognize more clearly what he/she feels and then to observe each feeling without getting overwhelmed by the emotion or behaving in a reactive, destructive manner**
- **The DBT Principles teaches Interpersonal Effectiveness which gives new tools to express beliefs and needs, set limits, and negotiate solutions to problems.**

- **The DBT Principles teaches the impact of drugs and alcohol on ability to manage emotions and behavior, as well as identify short and long-term effects of psychoactive drugs**

Material Used:

The DBT Skills Workbook

Addiction Treatment Planner

The Cognitive Behavioral Workbook for Depression

Group Objectives:

This DBT Principles is designed to help participants with substance abuse/ mental health challenges and struggling with managing emotions by introducing DBT skills and explore ways to implement these skills in “real life” situations.

Weekly Group Topic Discussion:

1. Basic distress tolerance skills
2. Advanced distress tolerances skills: Improve the moment
3. Advance distress Tolerance skill: improvements
4. Basic Mindfulness skills
5. Advanced Mindfulness skills
6. Basic Emotion Regulation skills
7. Advanced Emotion Regulation skills
8. Basic Interpersonal effective skills
9. Advanced Interpersonal effectiveness skills
10. Putting it all together
11. Group Process
12. Group Process and Certificates Presented

Procedures for Achieving Objectives:

1. Come to group on time
2. Review and discuss each chapter summary.
3. Complete weekly assignments.
4. Discuss “real life” situations learned in DBT group.