

Navigating life can be complicated

LEARN DIALECTICAL BEHAVIOUR THERAPY SKILLS

DEVELOP SKILLS TO MANAGE
CRISES, REGULATE EMOTIONS,
IMPROVE RELATIONSHIPS AND
HOW YOU COMMUNICATE,
BUILD SELF-RESPECT, AND
PRACTICE MINDFULNESS.

**DBT SKILLS GROUP
ONLINE WEEKLY
THURSDAYS
7:30 - 9:30PM
ON ZOOM**

To find out more:

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THE ONLINE DBT SKILLS GROUP MEET WEEKLY WITH 8 TO 12 PARTICIPANTS. EACH MODULE RUNS FOR 10-11 WEEKS AND THEY ALL START WITH 3 WEEKS OF MINDFULNESS SKILLS TRAINING BEFORE MOVING ON TO THE SPECIFIC FOCUS OF THAT MODULE:

DISTRESS TOLERANCE (10 WEEKS):

TEACHES US SKILLS TO MANAGE MOMENTS OF DISTRESS AND HOW TO MANAGE WHEN AN EMOTIONAL CRISIS OCCURS.

EMOTION REGULATION (11 WEEKS):

HELPS US TO UNDERSTAND EMOTIONS AND WHY WE HAVE THEM, AS WELL AS HOW TO MANAGE THE UPS AND DOWNS WHEN THEY HAPPEN.

INTERPERSONAL EFFECTIVENESS (11 WEEKS):

EXPLORES BOUNDARIES AND HOW TO MANAGE DIFFICULT INTERACTIONS WITH PEOPLE IN A MORE EFFECTIVE WAY WITHOUT EMOTIONS TAKING OVER.

ASSESSMENT:

£80 (2X £40) TWO INDIVIDUAL ASSESSMENT SESSIONS

SKILLS GROUP AND INDIVIDUAL REVIEW SESSIONS:

£65 PER INDIVIDUAL REVIEW SESSION

£65 PER 2 HOUR DBT SKILLS GROUP

