

# Dialectical Behavior Therapy Skills Training Groups (DBT Skills Groups)

**DBT Skills Groups** are based on Marsha Linehan, Ph.D.'s Psychosocial Skills Training groups. DBT Skills Groups are intended to supplement--not replace--individual psychotherapy.

DBT Skills Groups provide a group environment in which clients learn and refine specific coping skills for everyday use. The skills help clients change cognitive, emotional, and behavioral patterns that have previously caused them misery and distress.

The full DBT Skills Group consists of three modules. Each module will last twelve weeks with a break of 1-2 weeks between modules. Sessions will occur weekly at a set day and time.

## DBT Skills Group Modules:

**Distress Tolerance Skills** consist of relaxation techniques and crisis survival strategies. These skills help clients to behave in a less impulsive and self-destructive manner.

**Emotion Regulation Skills** present a model for discussing and understanding emotions, as well as methods for decreasing negative and increasing positive emotions.

**Relationship Effectiveness Skills** enable members to evaluate their priorities and function more effectively in their interpersonal interactions.

In addition, a fourth skill set is included with every module:

**Core Mindfulness Skills** teach members to balance their “emotional” and “reasonable” minds, thereby using their “wise” minds. Members also learn to focus more effectively on one thing at a time.

## Who Should Participate in DBT Skills Groups?

Marsha Linehan, Ph.D. originally designed this model of group therapy for clients with Borderline Personality Disorder. However, over the years the model has been adapted for use with a variety of other clients, including those who are survivors of trauma and those who have dissociative disorders.

In general, the group will not directly address issues related to any specific diagnosis but will emphasize enhancement of life skills and current functioning.

The group is open to anyone who can benefit from learning the coping skills, although a screening interview is required for admission.

### Text Books:

Marsha M. Linehan: *Skills Training Manual for Treating Borderline Personality Disorder*

Matthew McKay, Jeffrey C. Wood, and

Jeffrey Brantley: *Dialectical Behavior Therapy Skills Workbook*

re-education..

## Facilitators:

### **Stephanie L. Ezust, Ph.D.**

Is a Licensed Psychologist who has been practicing psychotherapy for more than 30 years. She has been working in the area of trauma recovery for most of that time and has extensive experience working with people with PTSD and DID. She has used DBT theory and techniques for the past 9 years, currently in her private practice, and formerly working with women in the Georgia State Department of Corrections, where she ran DBT groups and supervised Masters level therapists in this work.

### **Gus Kaufman, Ph.D.**

Is a licensed psychologist who has been in practice for more than 30 years and has co-lead groups with Dr. Ezust for more than 10. He has worked extensively with issues of abuse, trauma, attachment and healing. New to DBT, he is skilled in Nonviolent Communication (NVC) and Pesso-Boyden Psychomotor therapy (PBSP), a gentle, powerful form of emotional

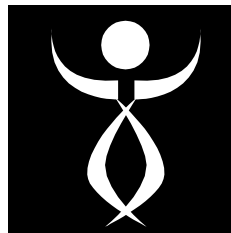
If you are interested in participating in a **DBT Skills Group** as a supplement to your current therapy, or if you have clients whom you think might benefit from a DBT Skills Group, please contact Dr. Ezust for further information.

### **Stephanie L. Ezust, Ph.D.**

(404) 377-9171, ext. 1

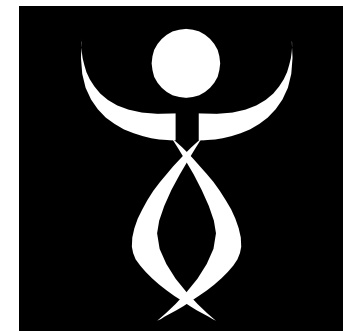
### **Gus Kaufman, Ph.D.**

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