

Dialectical Behaviour Therapy (DBT) Skills Group

Introduction

Dialectical Behaviour Therapy (DBT), developed by Linehan (1993), is a broad-based cognitive-behavioural psychological treatment programme developed specifically for people who experience intense emotions and have difficulty regulating their emotional experiences. DBT assumes that many of the difficulties are caused by emotional regulation skills deficits (Linehan, 1993), which then result in maladaptive behaviours in efforts to regulate emotions.

Dialectical Behaviour Therapy Skills Group aims to enhance coping capabilities by teaching a set of behavioural skills and strengthening the person's ability to apply those skills. The central treatment aim is to replace maladaptive and ineffective behaviour with more adaptive and skilful strategies to allow the person to improve their emotional experiencing, their relationships and quality of life.

Who Can Benefit from the DBT Skills Group?

DBT skills group can help people who are experiencing emotional dysregulation, difficulties managing their emotions, and difficulties with emotional functioning in general. Sometimes these difficulties are diagnosed as personality related, with emotional dysregulation as a key feature. The person may experience intense, unstable and often disproportionate emotional states, which rapidly change and fluctuate. Emotional experiences of anxiety, depression, and insecurity are common. There may be problems in relationships and interpersonal functioning at times, as well as unhelpful and harmful behaviour. The person may experience an unstable self-image, with low self-esteem, chronic feelings of emptiness and problems with self-direction and the pursuit of goals.



What to Expect

- **Duration:** 24 weekly skills group training sessions
- **Format:** Group-based therapy with up to 10 participants, delivered either within in-person groups or within online groups.

Benefits of the DBT Skills Group

The DBT Skills Group at St John of God Hospital focuses on four skill modules:



- 1. Mindfulness:**
Enhancing awareness and focus.



- 2. Distress Tolerance:**
Learning how to manage intense and distressing emotional states, in a safe and adaptive way.



- 3. Emotion Regulation:**
Understanding and regulating emotions more effectively.



- 4. Interpersonal Effectiveness:**
Strengthening and improving relationships.

Referral Pathway

Your Consultant Psychiatrist in SJOGH, or your treating Psychologist, can refer you for assessment for the DBT skills group. Following referral, you would be offered an assessment appointment with one of the DBT Therapists, who would work with you to determine if the DBT skills group would suit your current psychological needs.

Cost and Accessibility

- **Insurance:** VHI patients are currently eligible. Discussions with other insurers are ongoing.
- **Tax Relief:** Patients may qualify for tax relief under the medical expenses scheme.
- **Flexible Format:** Both in-person and online groups are available to accommodate diverse needs.

Contact Us

Phone: 01-277 1400

Visit: www.stjohnofgodhospital.ie/dbt-programme

Programme Commitment

Our team at St John of God Hospital is dedicated to supporting you on your journey to emotional balance and well-being. Reach out today to take the first step toward lasting change.

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