



DBT skills groups
coordinated by
Advanced DBT
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More Information

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Referral Process

Download a self-referral form at
www.sarahswannell.com.au and
email to dbtskillsinfo@gmail.com

Dialectical Behaviour Therapy (DBT) Skills Groups



Mindfulness

Distress Tolerance

Emotion Regulation

Interpersonal Effectiveness

Dialectical Behaviour Therapy (DBT) is a groundbreaking treatment developed by Marsha Linehan. It is based on a combination of Eastern (Buddhism) and Western (Behaviourism) philosophies. DBT skills help individuals to better understand and manage their emotions, be more skilful and effective during stressful situations, and improve their relationship to themselves and others.

DBT Skills Groups by Sarah Swannell Psychology

Sarah Swannell Psychology offers the DBT skills modules **Distress Tolerance**, **Emotion Regulation**, and **Interpersonal Effectiveness**. **Mindfulness** skills are incorporated within each of these modules.

Groups meet weekly for 8-weeks (per module) and are facilitated by two trained mental health professionals. Each weekly session is 2.5 hours in duration, during which you learn and practice new skills.

Mindfulness

Reduce suffering, increase happiness, increase control of your mind

Distress Tolerance

Survive crisis situations without making them worse

Emotion Regulation

Understand and name your emotions, decrease emotional suffering

Interpersonal Effectiveness

Be skilful in getting what you want and need from others, and walk the middle path

Please note that Sarah Swannell Psychology offers skills groups only. We do not offer the full standard DBT program



Suitability

DBT is suitable for individuals who:

Struggle to manage their behaviours when feeling highly emotional.

Engage in unhelpful behaviours to cope with painful feelings.

Have trouble with impulsivity.

Often do not know what they are feeling or why.

React strongly to stressful situations.

Find it difficult to recognise their own needs.

Find it difficult to ask for their needs to be met.