

DBT SKILLS GRADUATE GROUP PROGRAM



- ❖ Have you graduated from a DBT therapy or a DBT Skill Group Program?
- ❖ Would you like to have support to continue to build mastery using your DBT Skills to Build a Life Experienced as Worth Living?
- ❖ Do you value the support of your Peers?
- ❖ Would you like to find your Tulip Garden? Then please feel welcome to come and join us.

**WHEN: THIRD THURSDAY OF THE MONTH
2023 = 18 May, 15 June, 20 July,
17 August, 21 September, 26 October,
16 November, 14 December**

TIME: 6PM TO 8PM

**WHERE: BPD AWARENESS ACT IN
SPENCE OR VIA ZOOM**

**COST: \$20 for unwaged and \$40 for
waged**

To register your interest contact Nat at

bpddawarenessact@gmail.com

or 0415 111 894

WHAT IS A DBT GRADUATE GROUP

Unlike a DBT Skills Group, this group is loosely modelled after the DBT Consultation Team for therapists. We begin with mindfulness, check-in with each other, set an agenda for the meeting that best supports our needs, and finish with committing to working on something before the next group.

OUR GOAL

Life is difficult at times, a Life experienced as Worth Living does have pain, and after you have graduated from DBT Skills Groups it is easy to find yourself drifting away from skills use and/or find it difficult to continue to build mastery in emotion regulation skills. Life is really hard! And doing it without support is nearly impossible. The primary function of this group is to:

- ❖ Assist you towards your Life Worth Living goals,
- ❖ Continue to build master in emotion regulation skills,
- ❖ Keep you committed to the skills, and
- ❖ Establish a community of like-minded people to help ensure balance in your life and keep you on track long term.

PLEASE NOTE: This group is only available for members who have graduated from a DBT program one full round of the DBT Skills Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness Modules (at least 6 months)

