



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: December 5, 2011

Title: Dialectical Behavior Therapy/Cognitive Behavior Therapy

Component: Community Rehabilitation and Support (CRS)

Service: Wellness Self-Management (WSM)

Population: Any PROSper member who struggles with destructive responses to emotionally charged situations.

Frequency: 1x/week

Duration: 50 minutes

Description: A DBT-based group that will rest heavily on CBT traditions.

The group will focus on destructive coping behaviors, as well as difficult emotions and life experiences that lead to self-destructive behavior. Main areas to be addressed in this group: relationship problems, mood swings, unhealthy thinking, impulsive choices, quality of life problems.

Mode of Work:

A. Purpose: To address the emotions, behaviors, thought patterns and destructive coping responses that have developed in response to trauma, loss and other difficult life experiences. To gain skills (1) to recognize, describe and respond to troubling emotions; (2) to improve relationships and social functioning.

B. Group Framework: Education and discussion-based. This group will follow the curriculum from the book: Out-Of-Control: A DBT-CBT Workbook for Getting Control of Our Emotions and Emotion-Driven Behavior.

Expected Outcome: Clients will be better able to manage painful emotions and tolerate and accept difficult experiences, by utilizing life-enhancing coping behaviors. They will be more aware of, and more invested in maintaining peace and stability in their lives, so that they will have more success in achieving goals identified.