



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: February 6, 2017

Title: Introduction to DBT

Component: Community Rehabilitation and Support (CRS)

Service: Wellness Self-Management (WSM)

Population: Any member of PROS

Frequency: One time per week

Duration: 50 minutes

Description: *Introduction to DBT* is a psychoeducational and coping skills development group that will explore the core Dialectical Behavioral Therapy components (Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness, Mindfulness) based on the work of Marsha Linehan. Group members will engage in educational readings, videos, demonstrations, and discussion regarding each component followed by skill practice.

Mode of Work:

A: **Purpose:** To gain a greater understanding of the framework of DBT, acquire skills, and demonstrate greater outcomes in symptom management.

B: **Group Framework:** Group work will include educational readings, videos, demonstrations, handouts, and discussion for all four components of DBT.

Expected Outcome: Participants will have a greater understanding of the uses of DBT and its practical application to day-to-day coping with stress/symptoms. Participants will be able to identify all four components, have a basic knowledge of the uses of each component, and have better ability to practice DBT skills independently.