



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

PROSper Group Protocol

DATE: June 4, 2018

TITLE: Living DBT (aka Let's Talk DBT!)

COMPONENT: Community Rehab. & Support (CRS)

SERVICE: Wellness Self management (WSM)

POPULATION: Any PROSper member with Dialectical Behavior Therapy (DBT) skills training/experience

FREQUENCY: 1x/week

DURATION: 50 minutes

DESCRIPTION: A group that will focus on the interrelatedness of individual behavior patterns, and direct attention to the immediate and larger contexts of behavior. Members will discuss how the DBT modules can be used to regulate their thought, emotions and behaviors in their everyday life.

MODE OF WORK:

- A. **PURPOSE:** To provide an opportunity to practice specific DBT techniques, which will help to better regulate emotions and to better control behaviors?
- B. **GROUP FRAMEWORK:** Group members will use DBT modules on 1) core mindfulness training, 2) distress tolerance training, 3) emotion regulation training, and 4) interpersonal effectiveness training. Members will be given the opportunity to practice skills from these modules through role-play scenarios and group discussion and feedback.

EXPECTED OUTCOME: Group members will have increased knowledge about the relationship between thoughts, emotions and behaviors, will be able to verbalize an understanding of the individual's role in determining and regulating thoughts, emotions and behaviors, and exhibit the necessary skills for self-regulation and control.