



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

DATE: October 5, 2009

TITLE: DBT: Distress Tolerance

COMPONENT: Community Rehab. & Support

SERVICE: Wellness Self Management

POPULATION: Any member of PROSper

FREQUENCY: 1 x/week

DURATION: 50 minutes

DESCRIPTION: A group consisting of instruction and interaction using DBT skills of distress tolerance. The group will focus on learning and practicing skills in order to lower distress, decrease self-destructive behavior and increase effectiveness in personal relationships. The group will focus on the inter-relatedness of individual behavior patterns and the effect of behavior on self-confidence, independence and relationships. The group will also focus on the individual's role/responsibility in determining what s/he thinks, feels and how s/he behaves and act or reacts.

MODE OF WORK:

A. PURPOSE: To provide an opportunity for members to learn and practice specific DBT distress tolerance techniques, which will help to better regulate emotions and to better control behavior.

B. GROUP FRAME WORK: Facilitator will utilize the Marsha Linehan philosophy and curriculum module on distress tolerance. Clients will be taught specific distress tolerance techniques and helped to individualize them for their personal use.

EXPECTED OUTCOME: Group members will demonstrate an ability to tolerate distress using the following DBT skills: distract, self-soothe, improve the moment, pros & cons and radical acceptance.