



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: December 6, 2010

Title: DBT: Emotional Regulation

Component: Community Rehab. & Support

Service: Wellness Self Management (WSM)

Population: Any member of PROSper population

Frequency: 1 time per week

Duration: 50 minutes

Description: A group focused on the DBT skills of mindfulness and emotion regulation that will consist of instruction, interaction, training and practice, supplemented by readings and discussion relevant to the topic. The group will focus on the interrelatedness of individual behavior patterns and the effects of emotions on behaviors and relationships. The group will also focus on the individual's role/responsibility in what s/he thinks and feels and how s/he behaves.

Mode of Work:

- A. **Purpose:** To help members learn mindfulness skills to enable them to better tolerate and self-regulate emotions. Also, to provide an opportunity for members to learn and practice specific emotion regulation techniques that will help them better manage emotions, and control behavior.

- B. **Group Framework:** The group will focus on learning and practicing specific mindfulness and emotion regulation techniques. Facilitator will utilize the Marsha Linehan philosophy and curriculum modules on mindfulness and emotion regulation. Members will be given the opportunity to practice utilizing these techniques in various role-play scenarios.

Expected Outcome: Group members will demonstrate an ability to understand and utilize mindfulness and emotion regulation skills in their daily life. These include, the ability to be aware of thoughts, physical sensations and actions – in the present moment without judgment, recognizing emotions, overcoming the barriers to healthy emotions, reducing physical and cognitive vulnerability, increasing positive emotions, being mindful of your emotions without judgment, emotion exposure, doing the opposite of your emotional urges and problem solving.