

# Zumbro Valley Mental Health Center

## DIALECTICAL BEHAVIOR THERAPY- BASED SKILLS TRAINING GROUP

### PURPOSE

Dialectical behavior therapy is an evidence-based therapy designed to help people manage intense emotions. It is used to help those with a mental illness such as borderline personality disorder, depression, anxiety, bi-polar disorder and chemical dependency who are having difficulty regulating their emotions. Participants work on the following areas: 1) mindfulness; 2) emotion regulation; 3) interpersonal effectiveness; and 4) distress tolerance. Within the group, people will learn and practice multiple coping strategies and skills to deal with painful situations. Research has shown dialectical behavior therapy to be highly effective for people who are emotionally vulnerable and reactive.

Goals include:

- Learning to go within and know the “self”
- Learning to observe and describe cognitive and emotional processes
- Learning to deal with conflict situations
- Getting what one wants and needs
- Saying no to unwanted requests and demands
- Understanding the connection between the inability to tolerate distress and impulsive behaviors
- Accepting and gaining the ability to tolerate distress

### FORMAT

- Participants meet for 1.5 hours per week for six months. Homework is given weekly and a commitment to practice strategies outside of the room is critical to be able to learn these new skills. Clients use specific written materials to record their successes as they learn new skills.
- Fee covered by most insurance carriers, Medical Assistance, Olmsted/Fillmore POS and sliding-fee scale is available.

### Contact Information

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