

# *The Center for Healing & Recovery*

## **DBT Group – Flexible Outline**

Mindfulness – 10 minutes

Share ‘observe’ – clients and facilitators

Settling in... 10 minutes

If a member has missed one or more sessions, they are given a chance to tell the group why.

Group Issues/Announcements – reminders about calling when late or not coming, any holiday or schedule conflicts, etc.

Review of Diary Cards and skills taught in previous group session – 45 minutes

Skills side of Diary Card only. Other side is for Individual Therapy. Go around the circle in order for efficiency; may ask for a volunteer on where to start.

Gently prod each patient to analyze behavior. Validate, support, and encourage those that used the skills. Analyze behavior for those that did not complete homework – mini chain.

As appropriate expand by briefly describing again skills from previous week.

Break – 10 minutes

Group leaders stay close but not engaged to foster group cohesiveness independent of group leaders. Pay attention to anyone who might be leaving during break to intervene.

Group leaders will call patients who are not present for group; those that did not give notice.

Introduction of new skills and homework – 45 minutes

Mindfulness – 10 minutes

Share ‘observe’ – clients and facilitators

Wrap-up – 5 minutes

Clients share observations and reflections.

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Adults – 18+

Teen – 15/16 to 18/19

Pre-Teen – 12 to 15/16

Adults - may enter group during Mindfulness weeks, during the first two weeks of a module, or as determined appropriate by the Team.

Teen/Caregiver – may enter during Orientation/Mindfulness weeks or as determined appropriate by the Team.

Orientation Group will be held as needed, approximately once per quarter.

## **DBT Adult Group Outline:**

Week 1 to 3 – Mindfulness

Weeks 4 to 11 – Interpersonal Effectiveness

Weeks 12 to 13 – Mindfulness

Weeks 14 to 21 – Emotion Regulation

Weeks 22 to 23 – Mindfulness

Weeks 24 to 31 – Distress Tolerance

## **DBT Teen Group Outline:**

Week 1 to 2 – Orientation & Mindfulness

Weeks 3 to 6 – Distress Tolerance

Week 7 to 8 – Mindfulness

Weeks 9 to 12 – Walking the Middle Path

Week 13 to 14 – Mindfulness

Weeks 15 to 18 – Emotion Regulation

Week 19 to 20 – Mindfulness

Weeks 21 to 24 – Interpersonal Effectiveness