

GROUP DURATION AND FEE

Group session is usually between 1.5 hours and 2 hours. Please refer to the registration form for meeting dates and times.

Program cost: \$3600 (HST included).

Refunds are available upon request minus a \$300 administration fee

CONTACT US

Joy Health & Research Centre
#406, 1066 Somerset St. W
Ottawa, ON K1Y 4T3

Phone: 613-501-5117
Email: nohadabou-hamad@joyhrc.com

DIALECTICAL BEHAVIOR THERAPY

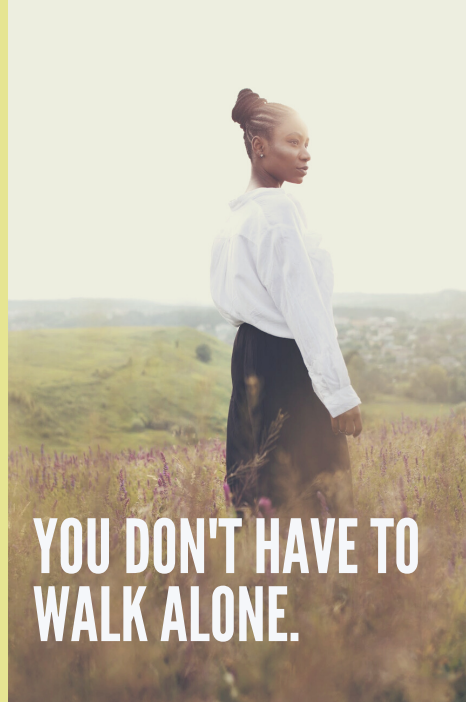


GROUP PROGRAM

Presented by Joy Health & Research Centre

WHAT IS DBT?

Dialectical Behavior Therapy (DBT) is a clinically proven treatment for patients with eating disorders, depression, anxiety, borderline personality disorder, addictions, anger problems and other impulsive behaviours. The DBT program involves both an individual counselling and group skills class component. Together, these help individuals build coping and problem solving skills in order to manage intense and difficult emotions. As a person gains a sense of mastery over their own behaviours and emotional experience, they are able to develop a sense of pride and self-worth in these personal accomplishments and in being able to contribute positively not only to their own lives, but also to the lives of others around them.



YOU DON'T HAVE TO WALK ALONE.



WHAT IS DISCUSSED IN GROUP?

In group you will have a chance to connect with other people who are experiencing similar struggles, and learn skills together that will help you meet your goals. Skills that are covered within the program include mindfulness, emotional regulation, distress tolerance, interpersonal effectiveness and walking the middle path. Through these skills individuals will learn to understand, name and change their emotions, learning to survive and manage through crisis periods, and learn how to foster self-respect as they maintain healthy relationships.

IS THIS COVERED BY MY INSURANCE?

All sessions are supervised by a Registered Psychotherapist with the CRPO and many of the group leadership hold additional counselling certification. Many extended health insurance providers will provide coverage for counselling or psychotherapy services. Please check with your insurance company to ensure that you are covered.

HOW DO I REGISTER?

Prior to joining the group, participants are asked to complete an intake to assess suitability. Please contact our office to arrange a meeting. Individual session rates apply for the intake session.

