

## DBT Graduate Group

Monday Group 6:00 – 7:30 PM

Tuesday Group 4:30 – 6:00 PM

### GROUP PURPOSE:

To provide an opportunity for ‘graduates’ of DBT Skills Training to consolidate learning and improve application of their skills, as well as benefiting from peer support, feedback, and vicarious learning within a professionally lead group.

### GROUP FORMAT:

NOTE: THE GROUP IS NOT OFFERED ON A ‘DROP-IN BASIS’

- Participants reflect on their practice of DBT skills, receiving and giving skills review and coaching as the opportunity arises.
- Mindfulness practice starts the session

### PARTICIPANT REQUIREMENTS:

- Have completed at least one – 8 week **Dialectical Behavioral Skills Group**
- Have a working knowledge of the Diary Card
- Commit to attending a minimum of 16 weeks on a regular basis and then may continue for as long as group is helpful.
- Agree to terms of *Confidentiality Form* prior to attending.
- Most clients in this group have been in therapy at InnerSolutions. It is **strongly encouraged** that the person has some form of individual therapy with a DBT therapist or support available outside of this group. If there is no ongoing individual therapist, the client will be asked to meet with a therapist from InnerSolutions to ensure they are a good fit for the group.

### FEES:

PLEASE CALL FOR INFORMATION

Revised: January 2015

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