

FSU's DBT group

- ❖ Meets weekly on Tuesdays from 5:30-7:30
- ❖ First half is diary card review, second half is review of the day's lesson
- ❖ Led by 2-3 therapists
- ❖ Attended by 4-6 members
- ❖ Cost is \$8 per session

Joining FSU's DBT group

- ❖ Members need to have an individual therapist, either in the community or at our clinic
- ❖ Members need to commit to completing one full group therapy module, which takes 6 months
- ❖ If interested in joining our group, please ask office staff to schedule a brief intake appointment, or call the clinic at 644-3006

A supportive group therapy for people experiencing problems regulating their emotions, difficulty handling interpersonal situations, feelings of emptiness, thoughts of suicide, or urges to self-harm

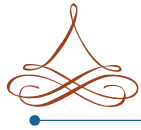
Florida State University Psychology Clinic
1107 W. Call Street, Suite C-122
Tallahassee, FL 32306

Phone: 850-644-3006
Fax: 850-644-0924

Dialectical Behavior Therapy (DBT) Group



Tel: 850.644.3006



Who is DBT for?

- ❖ Do you have trouble controlling your emotions, or feel like you have to hide them?
- ❖ Do little things upset you? Do you cry and not know why?
- ❖ Do you have rocky relationships?
- ❖ Do you binge eat?
- ❖ Do you cut yourself?
- ❖ Are you thinking of suicide?
- ❖ Do you feel empty inside?

If the answer is yes to any of these questions, then DBT may be right for you.



Benefits of DBT

❖ Participants will learn how to create a life worth living by utilizing the following skill sets:

1. **Core Mindfulness**— Derived from Zen teachings, about living in the moment, and being aware of your senses
2. **Emotion Regulation**— Learn to recognize emotions, decrease emotional vulnerability, and increase positive emotions
3. **Distress Tolerance**— Learn to tolerate and survive crises and accept life in the moment
4. **Interpersonal Effectiveness**— Learn to effectively ask for what you need, say no, and



What is DBT?

❖ DBT combines techniques of Cognitive Behavioral Therapy with principles from Eastern traditions, like meditation, and is used to treat a variety of mental health issues, like anger control problems, depression, personality disorders, disordered eating, and substance use problems



Research on DBT

❖ Studies have found that DBT is more effective than Treatment-As-Usual for Borderline Personality Disorder, and other disorders, like substance abuse (Linehan, et al. 1991; Linehan et al., 1999)

❖ For more information, please see <http://behavioraltech.org/> or call us at 644-3006