

Dialectical Behavioral Therapy Group

What is DBT?

Dialectical Behavior Therapy (DBT) is an effective treatment for people who struggle to manage their emotions, stress, relationships and impulsive behaviors. DBT combines cognitive-behavioral-therapy and mindfulness practice. It is based on a bio-social theory that problems develop from the interaction of biological/physiological makeup and environmental factors, which together, create difficulty managing emotions.

WHAT DOES IT CONSIST OF?

DBT consists of 4 modules:

- Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness



HOW DID DBT COME TO BE?

DBT was developed by Marsha Linehan, Ph.D. at the University of Washington. Dr. Linehan was admitted to a mental health facility at the age of 18 and spent 2 years of her life at the institute in the early 1960s due to severe depression, self-harm, and suicidal behavior that became increasingly more severe over time. In her book *Building a Life Worth Living*, she states "I made a vow that I would get myself out of hell and that once I did, I would find a way to get others out of hell too."

YOU WILL LEARN HOW TO:

- Be present in the moment
- Navigate through stressful times
- Manage crises without making the situation worse
- Manage intense emotions
- Say "no" while maintaining self-respect and respect for others
- Communicate needs more effectively

YOU CAN BENEFIT FROM DBT IF YOU:

- Struggle with severe mood swings
- Have difficulty managing intense emotions
- have difficulty in your personal relationships
- Struggle with impulsivity
- Experience chronic feelings of emptiness and a lack of sense of purpose
- Struggle with self-harming behavior and/or suicidal thoughts

You are not alone!

Ask us if DBT is the right group for you.

Group takes place every Thursday 5:00-6:00 pm and is open to those 18 and older.

Luzio & Associates Behavioral Services, Inc.

4411 Washington Ave. Ste 300

Evansville, IN 47714

(812)-479-1916