



DBT GROUP

MHA CLINICAL SOCIAL WORK THERAPY SERVICES

What is Dialectical Behavior Therapy (DBT)?

“The overall goal of DBT skills training is to help you increase your resilience and build a life experienced as worth living. DBT skills are aimed at teaching a synthesis of how to change what is and how to accept what is. Skills teach you both how to change unwanted behaviors, emotions, thoughts, and events in your life that cause misery and distress as well as how to live in the moment, accepting what is.” – Marsha Linehan

Signing up for DBT Skills training is commitment to attend group once a week for two hours, for 24-weeks (about 6 months), to learn the four modules: Interpersonal Effectiveness, Emotion Regulation, Mindfulness, and Distress Tolerance. The cost per session is \$110.00

Along with being helpful for BPD, DBT is also helpful for a variety of other anxiety, mood, substance use, and personality disorders. Co-occurring disorders are common in BPD, so DBT is usually a good fit for most people.



GROUP START DATES:
FEBRUARY 27TH, 2023
APRIL 24TH, 2023
JULY 10TH, 2023
OCTOBER 9TH, 2023
JANUARY 8TH, 2024

**TREATMENT ADHERENT
DBT PROGRAM WITH
CERTIFIED DBT
THERAPISTS**

**SESSIONS ARE HELD
VIRTUALLY**

**INDIVIDUAL THERAPY
AVAILABLE
CONCURRENTLY**

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