

DBT Skills Group for Adults

Curriculum

Mindfulness Increase non-judgmental awareness and improve attentional control.

Distress Tolerance Learn to bear discomfort skillfully and to tolerate and accept distress.

Emotion Regulation Recognize emotions and manage keeping them in balance through sound and appropriate decision-making.

Walking the Middle Path Track negative thought patterns and inappropriate behaviors, and correct them.

Interpersonal Effectiveness Practice advocating for oneself and engaging others in respectful and appropriate conversations and interactions.

Requirements

This skills group is not a processing group. The focus is on learning and practicing skills and strategies. Therefore, it is a requirement for each group member to also be in individual therapy. The client can have their own therapist or can enter DBT therapy with Janette. A commitment to staying in therapy throughout the skills training is required.

The client needs to sign a release to allow their therapist and Janette to coordinate treatment.

This course of the five modules of DBT skills training is meeting on Tuesdays from 4:45pm to 6:00pm. This is a co-ed group, and an initial screening and assessment session with Janette is required before starting the group.

Fee: \$60/per class

Payment of \$240 is required at the beginning of the month for the whole month. No reimbursement for a missed class.



Janette Patterson, MSW, LMFT, is a family therapist who specializes in coaching parents and teaching DBT skills to individuals, couples and families to improve functioning in their relationships, as well as increase a sense of self-esteem and self-confidence.

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