

DBT THERAPY GROUP

W GENDER
H CENTRE
F INC

STARTING TUESDAY OCTOBER 10TH
4PM - 6PM

The DBT (Dialectical Behaviour Therapy) program is for trans-gender/non-binary and gender questioning teens **14-17 years** and will assist young people in developing skills to tolerate strong emotions and reduce self-harming or other maladaptive ways of dealing with distress.

This 10 week program is run by two psychologists Emma Byrne and Finnian Sonter. Sessions are one afternoon a week on Tuesday's for two hours.



COURSE SESSIONS OUTLINE



- WEEK 1** INTRODUCTION TO DBT SKILLS & MINDFULNESS
3 states of mind
- WEEK 2** MINDFULNESS
What & how skills
- WEEK 3** DISTRESS TOLERANCE
Wise Mind ACCEPTS, self-soothing, IMPROVE
- WEEK 4** DISTRESS TOLERANCE
Pros/cons, TIPP skills & radical acceptance
- WEEK 5** WALKING THE MIDDLE PATH
Dialectics & validation
- WEEK 6** WALKING THE MIDDLE PATH
Behaviour change strategies
- WEEK 7** EMOTIONAL REGULATION
Understanding emotions, ABC & PLEASE skills,
accumulating positive experiences, building mastery
- WEEK 8** EMOTIONAL REGULATION
Coping ahead, fact checking, problem solving and
opposite action
- WEEK 9** INTERPERSONAL EFFECTIVENESS
Factors that interfere with relationships,
GIVE & FAST skills
- WEEK 10** INTERPERSONAL EFFECTIVENESS
DEAR MAN skills, THINK skills

YOUNG PEOPLE ARE ASKED TO COMPLETE A QUESTIONNAIRES PRIOR TO THE FIRST SESSION AND AT FINAL COMPLETION, VIA EMAIL. PLACES ARE LIMITED TO 12. PLEASE CONTACT THE GENDER CENTRE TO RESERVE YOUR PLACE ON 95692366