

The Four Modules

There are four modules in DBT, each has its own set of distinct skills, and they all build on one another.

Mindfulness

Attending to what is going on in the current moment; reducing past-dwelling and future-predicting

Distress Tolerance

Coping effectively when in distress; using skills instead of problem behaviors to get through it

Emotion Regulation

Observing and correctly identifying emotions; determining how to best solve for them

Interpersonal Effectiveness

Being fair to self and others; boundary setting; assertiveness; conflict resolution

To set up a one-time consultation:

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Adult DBT Group

Skills for Walking Through Life

"No one saves us but ourselves... We must walk the path."

-Gautama Buddha



What is DBT?

DBT stands for Dialectical Behavior Therapy, and was created in the 80s by psychologist, Marsha Linehan.

DBT teaches a very specific set of skills people can reach for in the moment, when they are facing difficult challenges.

No one *wants* to experience discomfort. We who teach DBT believe that people are genuinely doing the best they can. Problematic behaviors often start out as a way to cope with tough situations or an honest attempt to solve a problem. And, in fact, these behaviors might provide temporary relief or a short-term solution (hence, our using them over and over). However, they often are not effective in the long-term and can lead to a great deal of pain and discomfort.

Sometimes we have to acknowledge what doesn't work, and commit to learning new techniques. That's where DBT skills come in. They provide a road map that tells you exactly what to do in the moment to be more effective. In turn these skills provide more self-confidence, healthier relationships and the capability to handle whatever curve balls life throws your way.

Who Benefits?

Those struggling with:

- Anxiety • Panic • Depression
- Negative Self-Talk • Anger
- Suicidal Thoughts • Self-Harm
- Lack of Boundaries or Assertiveness • Maintaining Cessation from Substances
- Difficulty Coping with Intense Emotions • Bipolar Disorder
- Processed Trauma History
- Relationship Turmoil • BPD

Tuesday Nights
6 pm to 7:30 pm
Begins Jan/Feb 2019



What's Involved?

Because you'll be learning lots of new information, the group meets weekly for 24-weeks. Yep, it's a commitment. We promise it pays off, but you should be sure you're prepared to show up consistently - it's really the only way you'll get what you're looking for. Space is limited to 8 participants so that we can be a cohesive cohort.

DBT groups are not process groups. Each session centers around a skills lesson. While you will be asked to consider personally applicable examples, and be invited to share if you're comfortable, you will not be divulging a great deal of intimate information.

Working through these skills can sometimes bring up difficult emotions. Because we are not a process group, every member is required to have a current individual therapist to make sure they have all the support needed.

The fee per group is \$65 and is billed weekly. We don't accept insurance, but can provide paperwork for out-of-network reimbursement. A few sliding scale spots are reserved.



Laura V. Knox, LMFT is intensively trained in DBT by Treatment Implementation and specializes in family systems.

