

Change skills focus on learning how to change emotions or interpersonal relationships. The blend of “acceptance” and “change” skills are divided into different modules:

- ◆ Mindfulness, which is a meditation approach which involves taking hold of one's mind
- ◆ Interpersonal effectiveness skills, which involve relationship skills, balancing priorities shoulds/wants, and self-concepts in relation to respect and competence.
- ◆ Emotional regulation, involving learning to understand emotions, reduce vulnerability to them, and decreasing emotional suffering.
- ◆ Distress tolerance skills, involving distracting, self-soothing and improving the moment.

The Haven Project

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The Haven



DBT Group

The DBT Group is facilitated by David Dickinson, Psychologist for the North Essex Mental Health Trust. He is assisted by Ines, one of our Haven staff members.

The group runs from 2pm to 4pm on Monday afternoons. It is a closed group, however, each time a new module begins there is a fresh intake of members to the group.

DBT at The Haven is group skills only and individual DBT Therapy is not available.

Please ask Ines if you are interested in an assessment for the group.

What is DBT?

DBT is a behaviour therapy developed in the USA, for the treatment of borderline personality disorder. When someone begins DBT there is an expectation that they will be committed to this therapy for at least a year.

The group aims to work together to achieve a life worth living.

DBT stands for Dialectical Behaviour Therapy. The title sounds a bit complicated, but it is understandable once the meaning of “dialectical” is explained. Dialectics involves finding the common ground between apparent opposites. In DBT this involves trying to balance positions that could be seen as contradictory, i.e. accepting people as they are, but also supporting them in change. Getting the balance between acceptance and change is the big issue in DBT.

Accepting people involves understanding that severe/enduring trauma has caused emotional vulnerability and a high sensitivity to life stresses. DBT involves a technique called mindfulness and other strategies which help the individual to learn to better tolerate distress and to bear pain. The focus in DBT is mostly on “in the moment” skills, rather than dwelling on past trauma.