

Dialectical Behaviour Therapy (DBT) Skills Group Training Information for Service Users

What is DBT Skills Training?

DBT skills training is designed to teach people new skills to help them when they feel suicidal or want to use self-harming or life threatening behaviours to cope with traumatic experience. People who attend will often have been given a diagnosis of borderline personality disorder.

What do the Skills Training Groups involve?

There will be nine weekly sessions called modules. Each session is two-and-a-half hours long with a break in the middle. Up to 11 people will be at each session and both men and women are welcome. Each group will agree guidelines for working together so that everyone feels safe and comfortable. We recommend that anyone coming along to the sessions attends each module twice to get the most out of the group. The training will take approximately 14 months to complete.

The groups will cover four sets of skills:

Mindfulness Skills

- increasing self-awareness to help a person cope

Interpersonal Effectiveness Skills

- feeling able to communicate with people more effectively

Emotion Regulation Skills

- learning how to understand emotions and how they affect behaviours

Distress Tolerance Skills

- increasing ability to tolerate feelings of distress and to cope more effectively in a crisis

Referral

To be referred for DBT skills training, a person will:

- have ongoing difficulties with self-harm, or have experienced a difficulty with this within the last six months
- be experiencing intense emotional distress and rapid change of mood
- be interested and able to work in a group
- not be in crisis, to ensure they can get the most out of the programme

A formal diagnosis of borderline personality disorder is not needed for a referral and DBT recognises that people may have many different ways of coping with their distress. However, referrals cannot be accepted where other personality disorders, or unmanaged substance use, an eating disorder, psychosis or a moderate/significant learning disability is the main diagnosis or issue.

Referrals can be made by mental health practitioners and GPs. People can also self-refer. All referrals must be made using a service referral form. Please use the contact details below to request a form.

What happens next?

Referrals will be acknowledged and people will be invited to an appointment at one of our locality hubs. The first appointment will take up to 90 minutes and further appointments may be necessary.

DBT skills groups will take place at the following locality hubs:

South Leeds	The Vale Circles, Tunstall Road, Beeston, Leeds, LS11 5JF
East Leeds	St. Mary's House, St. Mary's Road, Leeds, LS7 3JX
West Leeds	Southfield House, 40 Clarendon Road, Leeds, LS2 9PJ

To make an enquiry and request a referral form, please contact:

Sara Demaine, Adult Psychotherapist & DBT Team Lead
Leeds Personality Disorder Clinical Network
Unit 24, The Sugar refinery
Sugar Mill Business Park
Oakhurst Avenue
Leeds
LS11 7DF
Tel: 0113 855 7950

To find out more about DBT, visit www.behavioraltech.com

Please do not send any personal information here; this is a general DBT information website.