



# Adolescent Dialectical Behaviour Therapy (DBT) Skills Group

The primary goal of DBT Skills Goal is to teach new skillful ways of responding to powerful emotions. DBT is effective for people who experience intense emotions and who may react to their emotions in unhelpful ways.

## Group sessions will be held online Wednesday evenings from 6:00 – 7:30pm (1.5 hours)

- Participants must be in Grades 9- 12 with emotion regulation difficulties. There is a maximum of 10 people per group.
- The DBT group sessions are held online with **Zoom 5.0** for Health Care which is PIPEDA & PHIPA compliant.
  - To participate in the Group Online Platform, we will need your email address for us to send you a Zoom invitation link. You will require a computer/tablet/smart phone, stable WiFi and a confidential, quiet place for the video meeting.
- New members may only join at the beginning of each module. There are 4 modules in total that last 5 weeks each. Please see below for the list of module start dates.
- Before beginning the DBT group, clients must complete a 1 hour pre-group screening at a cost of \$60.
- The 5-week module is **\$90 per week**.
- Caregivers/Parents are also encouraged to join DBT Adolescent Caregivers Skills Group online held on **Monday evenings 6:00 – 7:30pm** \$90/person per week (Same weeks as adolescent)

| DBT Group Schedule |                             |           |
|--------------------|-----------------------------|-----------|
| 2021/2022 Dates    | Module                      | Session # |
| November 17        | Distress Tolerance          | 1         |
| November 24        |                             | 2         |
| December 1         |                             | 3         |
| December 8         |                             | 4         |
| December 15        |                             | 5         |
| January 5, 2022    | Walking the Middle Path     | 1         |
| January 12         |                             | 2         |
| January 19         |                             | 3         |
| January 26         |                             | 4         |
| February 2         |                             | 5         |
| February 16        | Emotion Regulation          | 1         |
| February 23        |                             | 2         |
| March 2            |                             | 3         |
| March 9            |                             | 4         |
| March 23           |                             | 5         |
| April 6            | Interpersonal Effectiveness | 1         |
| April 13           |                             | 2         |
| April 20           |                             | 3         |
| April 27           |                             | 4         |
| May 4              |                             | 5         |

### DBT Adolescent Skills Group Facilitators:

Dr. Jessica Gottlieb, PsyD, CPsych

### DBT Adolescent Caregivers Skills Group Facilitators:

Dr. Lisa Do Couto, PhD, CPsych

### Co Facilitators:

Betül Alaca, MA, PhD Candidate  
Zita Lau, MA, PhD Candidate

To book a pre-screen, please call our office at 1-866-568-9476 or 905-721-7723

