

Dialectical Behaviour Therapy (DBT) Group Sessions Fall 2021-2022

The **DBT Group Sessions** that were held in person at Oshawa Psychological & Counselling Services will remain online this fall. We will meet using Zoom for Healthcare which is PIPEDA & PHIPA compliant.

To participate in the Online Group Platform, you will need:

- an email address (so we can send you the Zoom invitation link).
- a computer/tablet/smart phone with a stable internet/Wi-Fi connection
- a confidential, quiet place for your video meeting.

Online sessions will be held Thursday evenings from 6:30 – 8:30pm (2 hours)

- The modules are divided up into 5 weeks. There are 4 modules in total.
- New members may join at the beginning of each module. (New members are not allowed to join in the middle of the topic discussion.) Please see the table for module start dates.
- The 5-week module is **\$600 for the 5 weeks / \$120 per week**. There is a maximum of 10 people per group.
- Before beginning a Module, a client must have met in-person or through the on-line platform with Anet Mor, Registered Psychotherapist for a Skills Group Orientation session. (This is ½ hour for the cost of \$60.)
- All participants are asked to purchase a manual prior to the first session. These DBT manuals are available to purchase at the clinic for \$45.

DBT Group Schedule (dates subject to change)		
2021/2022 Dates	Module	Session #
Sept 30/ 21	Distress Tolerance	1
Oct 7/21		2
Oct 14/21		3
Oct 21/21		4
Oct 28/21		5
Nov 4/21	Walking the Middle Path	1
Nov 11/21		2
Nov 18/21		3
Nov 25/21		4
Dec 2/21		5
Dec 9/21	Emotion Regulation	1
Dec 16/21		2
Dec 23/21		3
Jan 6/22		4
Jan 13/22		5
Jan 20/22	Interpersonal Effectiveness	1
Jan 27/22		2
Feb 3/22		3
Feb 10/22		4
Feb 17/22		5