

SURFING THE WAVE

DBT Emotion Skills Group INFORMATION SHEET FOR WHANAU/FAMILY

Sometimes people can feel as though their emotions are like waves, sometimes calm and easy to surf and other times unpredictable and overwhelming. Sometimes life is hard. And at times we can all struggle with our emotions. But some people tend to deal with their emotions in ways that cause more problems in the long run – for themselves and those around them.

DBT Emotion Skills Group aims to teach helpful skills to surf the waves... to manage difficult emotional situations, cope with stress, problem solve, make better decisions, and be more mindful and accepting of themselves and their life.

Learning DBT skills can take them a few steps closer to important goals and a life worth living.

WHAT IS DBT?

Dialectical Behaviour Therapy (DBT) is a type of Cognitive Behaviour Therapy and has been researched and found to be very effective with a whole range of emotional difficulties and problem behaviours.

The skills group consists of 15 sessions which run weekly for 2 hours. In these sessions they will learn practical strategies in 4 modules: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness (Relationship) Skills. They will walk side-by-side with their peers on their learning journey.

In these group sessions they will learn ...

- How to understand, accept and manage strong and challenging emotions, and how to change those emotions they want to change
- To find helpful ways to problem solve tricky situations
- How to calm emotions if they are overwhelming
- To stop and pause and figure out how best to deal with a distressing situation rather than acting without thinking which can lead to harmful behaviour
- How mindfulness can help in daily life
- To value themselves and their emotions
- How to be better at saying no when needed, ask for what they want skillfully while keeping their self-respect and maintaining relationships with others.

Groups will run weekly for 2 hours. We expect each group member to commit to all 15 sessions. Group leaders will assign skills practice and expect all to practice the skills in their everyday life.

WHANAU/CAREGIVER SESSIONS

You are invited to attend four evening sessions. These sessions will help you to:

- Increase your understanding of their wellbeing needs and what you can do to support them
- Understand what DBT skills they are learning so you can support their skills practice
- Learn skills that you can use to help manage challenging situations and regulate your own emotions
- Learn skills of validation and understand how to change behaviour

ADDITIONAL GROUP INFORMATION

These groups are free for those who live in the Te Whatu Ora Counties Manukau area (which includes Franklin, South and East Auckland)

We are offering multiple groups across the 12-24 year age group throughout the year. Information about when groups start can be found on our website at www.tpgroup.co.nz. Please send through an application form which can be found online if you are interested in sending your young person. Please make sure you have the agreement of the person participating in group before doing this.

If the young person is under the age of 16 years old, consent from you as their whanau/parent/caregiver will be requested. All group members need to understand what they are consenting to and to complete a consent form

Please support your young person with transport to get to and from group, and to attend every session. The focus of this group is teach skills. There is not an expectation from group members to share a lot of personal information.

DBT INTRODUCTION SESSION

Once we receive the introduction (referral) to our service, we will organise to meet your child/young person online or in person to discuss their wellbeing needs and to see if group is the “right fit”.

They will be asked to fill in some questionnaires before and after completion of the group - this gives us information to ensure that the group is helpful and will help make changes that could improve the programme. Information from these questionnaires may be used for reporting. All identifying information will be removed to ensure confidentiality.

