

# SURFING THE WAVE

## DBT Emotion Skills Group INFORMATION SHEET FOR GROUP MEMBERS

Do you ever feel as though your emotions are like waves, sometimes calm and easy to surf and other times unpredictable and overwhelming?

Would you like to learn 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 yourself and your life?

Learning DBT skills will take you a few steps closer to your goals and a life worth living.

So, what is DBT? Dialectical Behaviour Therapy (DBT) is a type of Cognitive Behaviour Therapy which focuses on helping you manage your emotions, targeting "problem" or harmful behaviours so that you can cope better with difficult life situations. It has been researched and found to be very effective.

Sometimes life is hard. We struggle with our emotions. Often we deal with our emotions in ways that cause more problems in the long run. While that makes sense, it is not always helpful. DBT group will give you skills to help understand how "problem" behaviours are often a way to cope with a situation, manage distress or an attempt to solve a problem.

The skills group consists of 15 sessions, which run weekly for 2 hours. In these sessions you will learn practical strategies in four areas: Mindfulness, Distress Tolerance, Emotion Regulation and Relationship Skills

In these group sessions you will learn ...

- To understand, accept and manage strong and challenging emotions, and to change emotions you want to change.
- To find helpful ways to problem solve tricky situations.
- How to calm emotions if they are overwhelming
- How to tolerate pain in difficult situations, not change it
- To stop and pause when you are really distressed, then figure out how best to deal with the situation rather than acting without thinking which may lead to hurting yourself or others
- How mindfulness can help in daily life – to practice being fully aware and "in this present moment"
- To value yourself and your emotions
- How to be better at saying no when needed, ask for what you want skilfully and keep your self-respect and relationships with others.

Commitment to all 15 sessions is required and super important! Group facilitators will assign skills practice... and if you are willing to practice the skills in your everyday life in between group sessions you will get so much more out of group!! The focus of this group is to teach skills, there is not an expectation to share a lot of personal information.

## WHANAU SESSIONS

There are also 4 sessions that your whanau, caregiver or support person is invited to. Having your whanau or support person attend will help them to:

- Understand your needs better
- See how they can support you
- Understand what skills you are learning
- Support your skills practice
- Learn how to practice skills to improve their own wellbeing

## ADDITIONAL GROUP INFORMATION

This group is free for those who live in Counties Manukau (which includes Franklin, South and East Auckland)

We are offering multiple groups across the 12-24 year age group year round. Information about when groups start for your age group can be found on our website at [www.tpgroup.co.nz](http://www.tpgroup.co.nz).

If you are under the age of 16 years old, consent from your whanau/parent/caregiver will be required to attend. All group members need to understand what they are consenting to and to complete a consent form.

You will also need to make transport arrangements to and from group as all sessions will be held in person.

## DBT INTRODUCTION SESSION - NEXT STEPS

Once we receive the referral (introduction) we will organise to meet with you online or in person to discuss your wellbeing needs and to see if the DBT Skills Group is the “right fit” for you.

The group is facilitated by two trained DBT group leaders, you will meet one of the DBT team before starting your DBT Introduction session.

You 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 make any changes that could improve the programme. The information from these will be used anonymously for reporting.

