

Looking to maintain balance and reinforce your DBT skills?

Graduate DBT Group

What is Graduate DBT Group?

The Graduate DBT Group is a bi-weekly group therapy intended for those who have experience in the basic DBT Skills Group. The group is designed to help reinforce continued practice of Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness. Members will gain support from one another to work on their selected targeted behaviors through validation, feedback, additional skills practice and building mastery through sharing successes.

Criteria for joining:

- Completion of DBT skills training group that lasted at least 6 months, but preferably over one year
- Absence of high target behaviors such as self-harming behaviors for the past 6 months, as well as no recent hospitalizations within the past 6 months (to be assessed).
- Continued connection to an individual therapist
- Willingness to give and receive feedback in order to make group effective
- This particular group is designed for clients ages 18 and over, even though DBT is also effective for adolescents.

Other details about the group:

- The group meets every 2nd and 4th Wednesday of the month at the Mindful Therapy Center in Marlton.
- Cost of the group is \$60 per session.

What is DBT and who is it for?

Dialectical Behavior Therapy (DBT) is an evidence-based practice that has been found effective in helping individuals who struggle with managing emotions, stress, relationships and impulsivity. DBT is helpful for anyone looking to create change in their life, and is often used for those struggling with issues such as depression, trauma, substance abuse, suicidal thoughts, anxiety, or self-harm. DBT contains aspects of Cognitive Behavioral Therapy, and adds in components of compassion and validation to help individuals find balance in the dialectic of acceptance and change. Essentially, anyone can benefit from the skills training.

Looking for a basic DBT Skills Group?

We also offer several groups for those just starting out learning DBT skills or for those who are still mastering the skills. Contact us for more information!

About the group facilitator:

Shaelene Lauriano, MA, LPC, NCC, RYT is a Licensed Professional Counselor and has been intensively trained by Behavioral Tech LLC, the recognized training provider for DBT therapists. Shaelene has a passion for helping others work towards creating a life worth living, and often finds that her own practice of using skills is what helps her most effectively help her clients.

Questions? Contact Shaelene at:

SLauriano@MTC-Healing.com or (609) 353-5608, x7015

Graduate DBT Group

meets 2nd and 4th Wednesdays at 5:30 PM

Call for more information



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