

DBT Skills Group

DBT (Dialectical Behavior Therapy) is a form of therapy that was originally developed to treat individuals with borderline personality disorder.

However, over time, it has proven effective for a wide range of mental health challenges and emotional difficulties.

It is based on the idea that some people experience intense emotions and struggle to manage them effectively, leading to difficulties in their lives and relationships.

Now imagine DBT skills group therapy as a structured and supportive learning environment where people come together to develop essential life skills to manage their emotions, improve relationships, and cope with life's challenges more effectively.

Facilitating our DBT skills group is EI, a registered counsellor with lived experience of borderline personality disorder (BPD) and is a trained DBT Skills Trainer, making our DBT Skills Group, unique in its approach.



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Here's some of the things you can expect from our DBT Skills Group:

1

Enhanced empathy and understanding

As counsellors with lived experience, we may have a deeper understanding and empathy for the struggles and challenges faced by the participants. Specifically, we can relate to the emotional intensity and difficulties in emotional regulation that individuals with BPD often encounter.

2

Role model for recovery

Observing a counsellor who manages their own BPD and engages in their recovery journey can be inspiring for group members. It shows that recovery is possible and provides hope for those who may be struggling with similar issues.

3

Authenticity and validation

Our lived experience can bring authenticity and validation to the therapeutic process. We can genuinely validate the feelings and experiences of the group members, making you feel heard and understood.



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4

Sharing coping strategies

As counsellors who have personally navigated living with BPD, we can share our own coping strategies and tools that have been effective for us. This can provide additional insights and practical tips that go beyond traditional counselling techniques.

5

Breaking stigma and shame

Having a counsellor openly share their experience with BPD can help break down the stigma and shame often associated with mental health conditions. It creates a safe space where participants feel more comfortable discussing their own struggles.

6

Unique perspectives in problem-solving

Our lived experience may lead to unique perspectives in problem-solving and addressing challenges faced by the group members. They can offer insights that come from personal growth and overcoming similar obstacles.



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7

Building trust and connection

A counsellor with lived experience may establish a stronger sense of trust and connection with group members.

Participants might feel more at ease sharing their thoughts and emotions knowing the counsellor can truly understand what they are going through.

8

Normalization

Seeing a counsellor with lived experience can help normalize the struggles faced by individuals with similar lived experience. Participants may feel less isolated, knowing that their counsellor has gone through similar experiences.



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Now, it's important to remember that while a counsellor with lived experience can offer these unique benefits, their qualifications, training, and expertise as a therapist are still crucial.

Our counsellors should have received proper training in DBT and are equipped to manage our own experiences effectively without allowing it to interfere with the group's therapy dynamics.

Boundaries and self-care are essential for any therapist, especially when dealing with lived experiences in a therapeutic setting.

For the safety of all members (participants and counsellor), our counsellors access clinical supervision and constant professional development and training to maintain a high level of expertise for all groups.

These measures enable us to offer DBT Skills group facilitated by lived experience, genuine support and understanding to group participants.

