

Wellington DBT Skills Groups

A Comprehensive Dialectical Behavior Therapy Program for Adolescents and Adults

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Dialectical Behavior Therapy (DBT) combines Cognitive Behavioral Therapy (CBT) strategies with mindfulness practice and helps people build “a life worth living.”

DBT helps clients understand the factors that lead to and maintain self defeating behaviors and teaches them to experience and express emotions, tolerate distress, improve interpersonal functioning, and increase attentional control.

Skills Groups are held in Person and Online for Adults, Adolescents, Parents & Families

Each group lasts for 75 minutes & cost is \$85.00 per person, per session.

DBT Adult Skills • Advanced DBT • DBT Parents Skills • Adolescent Skills • RO-DBT Adult Skills

Call 561-877-1213 or email wellingtondbt@drcelinepaillot.com to Sign Up & for more details

DBT Adult Skills Group

In this adherent group, members will learn how to live more fully in the present moment (mindfulness), how to have more effective relationships with others (interpersonal effectiveness), how to identify and manage emotions (emotion regulation), and strategies to help effectively survive an emotional crisis (distress tolerance).

Advanced DBT Adult Skills Group

This adherent group aims at skills generalization. It is for individuals who already completed a round of a regular DBT skills group and would like to further their knowledge and practice of the skills. It covers emotion regulation, interpersonal effectiveness, walking the middle path and distress tolerance skills.

RO-DBT Adult Skills Group

This is a skills group designed to help for problems of over-control. Over-control is a type of personality or coping style that can lead to social isolation, poor interpersonal functioning, and mental health problems. We rely on Radically Open DBT, an evidence-based treatment developed specifically for problems of over-control. It aims to promote willingness, psychological flexibility and social connectedness.

DBT Parents & Family Skills Group

This group is designed to help parents understand the difficulties presented by their adolescent or young adult or relative. The objective is for parents to acquire skills in order to improve their response to the adolescent / young adult's emotional reactivity, to better communicate and how to react during a crisis.

DBT Adolescent Group

This group focuses on helping teens develop the coping skills they need to solve their own problems and achieve their desired goals. It is designed to help them understand emotions, learn about communication and to help engage in new behaviors to promote social inclusion and connectedness.