



RODBT Skills Group for Disorders of Overcontrol

GROUP OVERVIEW

Our Adults Skills Group is a skills group designed to help for problems of overcontrol. Excessive self-control or overcontrol is a type of personality or coping style that can lead to social isolation, poor interpersonal functioning, and severe and difficult-to-treat mental health problems, such as eating disorders, autism spectrum disorders, chronic depression, and obsessive-compulsive personality disorder (which refers to perfectionism, preoccupation with orderliness, and need for mental and interpersonal control). Overcontrol tend to lead to problems with social relationships.

THERAPEUTIC ORIENTATION

Our Skills group relies on Dialectical Behavior Therapy (DBT) (developed by Dr. Linehan) and Radically Open Dialectical Behavior Therapy (RO DBT) which is an evidence- based treatment developed specifically for problems of overcontrol developed by Dr. Lynch. Radical Openness refers to willingness, psychological flexibility and social connectedness.



Wellington DBT & Couples Therapy Center

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GROUP MODULES

Our Skills group teaches participants about overcontrol, helps understand emotions, learn about social signaling to help engage in new behaviors to promote social inclusion and connectedness.

The modules include:

- What is overcontrol?
- Understanding Emotions
- Social Signaling
- Mindfulness
- Interpersonal Integrity and Interpersonal Effectiveness
- Social inclusion & Social Connectedness

THERAPEUTIC FOCUS

Our group is designed for overcontrolled clients such as patients with eating disorders, Chronic Depression, and Obsessive Compulsive Personality Disorder.

Our primary therapeutic focus is acquiring skills to help with mental flexibility, externalization of rule-governed control efforts, social signaling and social connectedness. Consistent with the DBT model our group functions like a class where participants learn skills and participate in discussion about application, it is not a process group.

DETAILS

Group meets weekly for 75 minutes and is led by a ABPP Certified Clinical Psychologist. The group runs for 25 sessions. An initial intake visit is required before being able to start group.

For more information on our group contact us at (561) 877-1213 or email us at wellingtondbt@drclinepaillot.com or go to www.wellingtondbt.com

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