

ADULT SKILLS GROUP



SEE FLYER FOR SPECIFIC TIME/DATES FOR GROUP

The Vernon Hills Adult Skills Group is a treatment group that will provide skills training in Dialectical Behavioral Therapy (brief description below), Mindful Self-Compassion, and Cognitive Behavioral Therapy (CBT).

Stepping into the world of DBT group therapy, you're embarking on a journey toward mastering your emotions and improving your interpersonal skills. This form of dialectical behavior therapy isn't just about talking through problems; it's a structured approach to learning how to cope with stress, regulate emotions, and enhance relationships.

You'll learn in these sessions how you can help navigate difficult feelings more effectively and manage stressful situations. So, whether you're seeking ways to improve emotion regulation or enhance your connection with yourself and others, this group is for you. Dive with us into the transformative journey of this therapy, where life-altering skills are imparted within the embrace of a nurturing group environment.

Understanding DBT's Core Principles

[Dialectical Behavior Therapy \(DBT\)](#) is like the Swiss Army knife of mental health tools. Developed in the 1970s by Marsha Linehan, it combines cognitive behavioral therapy with mindfulness practices to tackle a variety of psychological issues. DBT, at its essence, is about equipping individuals with the skills to navigate tough emotions and mend frayed bonds.

Rooted in the quartet of mindfulness, distress tolerance, emotional mastery, and enhancing relational dynamics, this method lays its foundation. **Mindfulness** teaches individuals to be present in the moment without judgment. **Distress tolerance skills** are about getting through tough times without making them worse. **Emotion regulation** helps folks understand and control their emotions better while **interpersonal effectiveness** gears towards improving communication and relationships.

How DBT Group Therapy Works

In [DBT group sessions](#), individuals learn to navigate their emotions, diminish stress levels, and enhance interpersonal connections through a specialized amalgamation of therapeutic techniques. Diving into its framework, we explore the functioning within a nurturing atmosphere.

The Four Pillars of DBT Sessions

At the heart of DBT group sessions are four key modules: *mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness*. Teaching individuals to anchor themselves in the now, mindfulness exercises serve as the cornerstone. Distress tolerance skills help members face difficult feelings without resorting to harmful behaviors. Emotion regulation covers strategies to manage and change intense emotions that are causing problems in life. Wrapping up, the spotlight on interpersonal effectiveness focuses on elevating connections by fostering assertive dialogue and nurturing empathetic understanding.

This combination not only provides comprehensive support but also ensures participants learn practical skills for everyday challenges.

Duration and Commitment in DBT Group Therapy

A typical journey through a DBT group session spans six months to a year. This time frame allows individuals enough space to deeply understand each module's teachings while actively applying them outside sessions during weekly homework assignments or when navigating stressful situations.

The structured approach within these groups includes learning from a therapist trained specifically in dialectical behavior techniques as well as peer support from other group members facing similar issues—creating an enriching environment where growth is both encouraged and supported by everyone involved.

The Wide Application of Dialectical Behavior Therapy

DBT has woven its way into the fabric of mental health care, showcasing versatility in treating various psychological ailments beyond its pioneering roots. Developed in the 1970s by Marsha

Linehan, DBT combines cognitive behavioral therapy with mindfulness practices to create a comprehensive treatment strategy that is evidence-based.

For more information or to sign up for group please contact:

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