

## Emotion Regulation & Distress Tolerance Skills

Dialectical Behaviour Therapy (DBT) is a treatment that was created by Dr Marsha Linehan in 1993 and was the first therapy that was proven effective in treating problems associated with regulating emotions, impulsivity, unstable relationships, and unhealthy or self-destructive coping skills common to some mental health conditions. DBT is broken down into four sections: core mindfulness skills; distress tolerance skills, emotion regulation skills; and interpersonal effectiveness skills.

**Group Goals:** In this 6-session introductory course, you will learn skills related to two of the sections.

### Emotion Regulation Skills

Help you to understand your emotional reactions and how to control them more effectively, as well as providing you with ways to reduce painful emotions so that they are not overwhelming.

#### Increase

- Acceptance of emotions
- Mood stability
- Ability to control emotions

#### Decrease

- Self-judgements for having emotions
- Negative emotions from judgements
- Feelings of helplessness and of being overwhelmed
- The emotional roller coaster

### Distress Tolerance Skills

This is a skill set meant to get you through a crisis situation without engaging in the old self-destructive behaviours that likely would make the situation worse for you.

#### Increase

- Use of healthy coping skills
- Positive aspects of relationships
- Sense of self-esteem

#### Decrease

- Self-destructive behaviours
- Burning out your loved ones
- Anger toward yourself which reduces self-respect

**When:** Runs over 6 weeks.

Please contact the Day Program intake office or a member of the Northpark Therapy team for more information and to make a booking.

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