

Dialectical Behavioral Therapy Groups

Frequently Asked Questions

What is Dialectical Behavioral Therapy (DBT)?

DBT was originally developed to treat borderline personality disorder, but has proven useful for treating a variety of emotional and impulse-control problems. DBT teaches life skills to help people live a happier, healthier life. The goal of DBT is to build a life worth living. DBT skills involve four skills modules:

- **Distress Tolerance:** Get through distressing times in life; survive a crisis without making the situation worse; accept reality as it is, not as we wish it were.
- **Mindfulness:** Be aware and present in our lives in an intentional, non-judgmental way
- **Emotion Regulation:** Recognize, understand and label emotions in a non-judgmental way; tolerate emotions better and change them if they are not helpful.
- **Interpersonal Effectiveness:** Have healthier relationships and balance speaking up for what you want, keeping good relationships and maintaining self-respect.

Do I have to be a patient of The Everett Clinic to come to the group?

As of August 2016, you must have an established Everett Clinic primary care provider (PCP) or an Everett Clinic specialist in order to sign up for the DBT group. This may change as access and availability in our department changes. Please call for details (425) 339-5453.

Do I have to be in individual therapy along with group therapy?

Yes, you do need to have an individual therapist while you are in the DBT group. It is helpful for you to see one of our therapists within TEC so we can better coordinate your group, individual, and medical care, however, you may continue to see a therapist outside of TEC if you have already established care with them.

How much does it cost?

Each DBT session will be billed to your insurance as Group Therapy. Please check with your insurance provider for coverage details. If you have a co-pay it will be due at the start of each session.

Do I have to talk in group?

No. The group is structured like a class. Because our time in class is limited, we mainly focus on skill-building. Each class begins with a homework review. Each participant may spend up to two minutes reporting on skills practice from the previous week, but it is not required.

How long is the group?

The group meets for 90 minutes, once a week. The entire course lasts six months, although some choose to go through the skills twice and stay in the group for a full year.

What if I miss a class?

Each group meeting you register for counts as an appointment. If you are unable to attend, please call 425-339-5453 to cancel with at least 24-hours' notice. If you are registered and fail to attend, or cancel with less than 24 hours' notice, there is a \$40 late cancellation fee.

What if I can't make it to every meeting?

The more meetings you attend, the more you will benefit. If you are unable to attend, please be sure you cancel your appointment with at least 24 hours' notice.

Do I have to be in the group for the entire six months?

You will benefit most by completing the entire course. Your commitment and consistent presence in the group is also important to other group members.

I'm nervous. Can I come to just one meeting?

Most people in our group felt nervous at first, but got comfortable within a couple of weeks. We strongly recommend that you attend at least three meetings before deciding if DBT is right for you. This will give you time to get comfortable and familiar with the group. DBT has a lot of acronyms and terms that be confusing at first, but if you stick with it, you will catch on.

What should I bring to group?

Bring a pen and a 3-ring binder for course materials.

Do I need to buy a book?

No, you don't need a book, but if you have DBT materials, feel free to bring them. We provide handouts each week for the skill we are teaching.