

DBT Skills Group

Are you looking to build resilience and develop practical skills to navigate life's challenges?

Our free 8-week DBT Skills Group offers a supportive space to learn, grow and connect with others.

What is DBT?

Dialectical behavior therapy (DBT) helps individuals to change unhelpful thought patterns and develop skills to manage life's ups and downs.

In our group, you'll learn four core DBT skills:

- 1 Mindfulness:** Increase the awareness of your thoughts and emotions.
- 2 Acceptance and distress tolerance:** Build resilience to cope with difficult situations.
- 3 Emotional regulation:** Learn to manage and express your emotions in healthy and constructive ways.
- 4 Interpersonal effectiveness:** Strengthen relationships by learning how to ask for what you want, say no, and manage conflict.

Benefits

- Reduced emotional distress
- Improved relationships
- Increased resilience
- Enhanced emotion regulation skills
- Increased mindfulness
- Reduced intrusive thoughts and behaviours
- Greater self-acceptance and self-compassion



How can DBT help me?

DBT can help to manage a variety of mental health concerns such as:

- Emotional dysregulation
- Depression
- Anxiety disorders
- Eating disorders
- ADHD
- Post-traumatic stress disorder (PTSD)
- Bipolar disorder
- Borderline personality disorder

Even if you don't have a diagnosed mental health concern, DBT can be a valuable tool for personal growth!

What to expect

Our DBT Skills Group provides a safe space to learn from others and build a supportive community.

Each session is led by experienced Mental Health Clinicians and Peer Practitioners with lived experience of mental health challenges and recovery, who may share personal insights and stories.

Over the six weeks, participants are welcome to join in at any time.



Sessions are located at **Sonder Port Adelaide**, 2/72 Lipson St, Port Adelaide SA 5015

Getting involved is easy

To register for an upcoming DBT Skills Group, contact us

@ info@sonder.net.au

(08) 8209 0790