

Why Join a DBT-U Skills Group?



What is DBT?

Dialectical Behavior Therapy (DBT) combines cognitive-behavioral and mindfulness approaches in helping individuals discover more options, outlets, and choices for their lives. Dr. Marsha Linehan developed DBT for individuals with strong behavioral urges and its techniques have proven effective for anyone who can benefit from improved emotional regulation, distress tolerance, and interpersonal effectiveness. Since DBT skills increase with regular practice, participants are asked to commit to attending each skills training group and are required to be in individual therapy at the same time.

DBT-U is a specially designed skills group for college students with their needs and learning style in mind. The foremost goal for each group participant is to become more aware of themselves as an agent for change and self-acceptance. Secondly, we work on skills that will help you realize your goals effectively. Finally, the strength of DBT is in learning to validate your experience while also learning skills that improve your ability to participate in school and work, tolerate distress, regulate emotions, and maintain successful relationships.

What to expect if you join this skills group~

You will:

- Receive a workbook of DBT materials
- Learn new skills weekly
- Learn from the experiences of others
- Gain knowledge and practical skills about new ways to think, feel, and respond in difficult situations
- Find out what works for other people with similar challenges
- Experience a safe place to practice new skills

Are you willing to:

- Do homework each week that will improve your quality of life?
- Practice new and different coping skills?
- Learn to manage your emotions and relationships better?

Important Details:

- **Thursday**, ongoing group
5:00 – 6:30 pm **OR**
- **Monday**, ongoing group
12:00 - 1:30 pm
- HRC Behavioral Health & Psychiatry
100 Europa Dr, Suite 260
Chapel Hill
- Group adds new members early in each semester and at the beginning of the summer.

Map - www.hrcraleigh.citysearch.com

Registration **

Name: _____
Address: _____
City: _____ State: _____
Zip: _____
Phone: _____
Email: _____

****An initial interview (\$160.00) is required for group placement and can be billed to some insurances.**

When you begin participation in a group, we ask that you commit to the whole semester. Each group costs \$60, which can be paid in a variety of ways. You will be asked to pay for each group regardless of attendance. These fees include a notebook with all of the DBT modules. Insurance will not be filed for DBT group.

For information and to schedule an initial interview, please call

**Paige Barnett
919.929-1227**

Mareah C. Steketee, PhD is a licensed psychologist with specialty training in clinical psychology and neuropsychology. She is a graduate of the California School of Professional Psychology and DBT therapy at HRC since 2002. She has longstanding interests in neuroscience, mindfulness and health psychology, which she incorporates into DBT orientation to treatment.

Meggan Moorhead, EdD is a licensed psychologist who has specialized in DBT for the last 22 years. She studied with Marsha Linehan in the first national DBT intensive training in 1993. A graduate of Princeton and Boston Universities, she is Founding Director Emeritus of Triangle Area DBT. She is in practice in Durham and Carrboro.

Beth McElhinny Hayden, LCSW is a Licensed Clinical Social Worker, Certified Daring Way™ Facilitator, and Registered Yoga Teacher specializing in child, adolescent, and adult psychotherapy. She received her Master

of Social Work degree from the University of North Carolina at Chapel

Hill. Beth completed the Intensive Training in DBT Treatment offered by

Behavioral Tech in 2011 and sits on a weekly DBT Supervision Team. Beth

has clinical interests in Mindfulness, women's issues, depression and anxiety and shame resiliency and incorporates DBT

into all of her work.

HRC Behavioral Health & Psychiatry, PA

A choice for quality and security; a choice for competence, experience, individual attention, and feedback. HRC has been providing clinical, consultation, and programmatic services for over 30 years

FOR FURTHER INFORMATION CONTACT:

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Triangle Area DBT
919.286.3031

Beth McElhinny Hayden, LCSW
919.410.7189

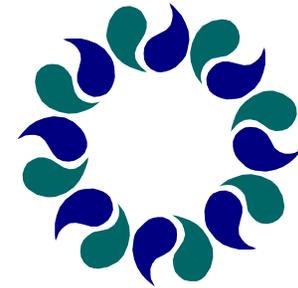
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DBT-U Skills Group

Modules Covered in Group

Mindfulness
Emotion Regulation
Distress Tolerance
Interpersonal Effectiveness



HRC Behavioral Health & Psychiatry

Meggan Moorhead, EdD
Licensed Psychologist

Mareah C. Steketee, PhD
Licensed Psychologist

Beth McElhinny Hayden
Licensed Clinical Social Worker