

Why Join a DBT Skills Group?

Practice Two Sets of Skills Each 8-Week Cycle



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 clients with chronic suicidal impulses, but its techniques have proven effective for anyone who can benefit from improved emotional regulation, distress tolerance, and interpersonal effectiveness. Since the use of DBT is focused on building effective dialogue and relationships, participants are asked to commit to attending each skills training group and are required to be in individual therapy at the same time.

The foremost goal for each group participant is to become more aware of themselves as an agent for change and self-acceptance. Secondly, we will work on skills that will help you realize your goals. Finally, the strength of DBT is in learning to validate your experience while also learning skills that improve your quality of life, reduce distress, regulate emotions, and maintain effective relationships.

What to expect if you join this skills group:

You will:

- Receive free workbook materials
- Learn new skills weekly
- Learn from the experiences of others
- Gain knowledge and practical skills about effective 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 more effectively?

Important Details:

- Weekly groups:
Raleigh: 5:00-6:45 pm Wednesday
Chapel Hill: 4:15-6:00 pm Tuesday
- Mindfulness and one of the other skills sets covered in each 8-week module (three 8-week modules to cover all the DBT skills)
- Group meets at HRC Behavioral Health and Psychiatry, PA
(see back for addresses & website for maps)
- Please call to find out when the next 8-week module begins

Registration **

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Phone: _____

Email: _____

**** An initial interview (\$175.00) is required for group placement.**

_____ I will pay \$60 at the beginning of each group for a total of 8 classes (\$480) whether I attend all classes or not. For any missed groups, payments will be made prior to the beginning of the next meeting. Fee includes notebook of work materials.

_____ I will pay \$420 in full at the beginning of the first group for a savings of \$60.

For more information or to inquire about openings,

Call:

Paige Barnett
919.929.1227

Mareah C. Steketee, PhD is a licensed clinical psychologist with specialty training in neuropsychology and health psychology. She is a graduate of the California School of Professional Psychology, was Adjunct Associate Professor at University of North Carolina for eight years, and has been doing DBT Skills Groups for twelve years. She has longstanding interests in health psychology and incorporates aspects of health psychology and mindfulness into her orientation to treatment.

Chuck Holton, LCSW is a licensed clinical social worker who received his Masters in Social Work from the University of North Carolina at Chapel Hill. He is the Past President of the North Carolina Society of Clinical Hypnosis. He has taught and supervised students at Duke, UNC-CH, and East Carolina. He has led workshops in Ericksonian, narrative and self-relations psychotherapy as well as clinical hypnosis. Mr. Holton provides psychotherapy for children, adolescents, adults, couples, and groups - blending cognitive behavioral, mindfulness, and solution-focused approaches.

HRC Behavioral Health and 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:

**Paige Barnett
Chuck Holton, LCSW
Mareah C. Steketee, PhD**

**HRC Behavioral Health
and Psychiatry, PA**

4201 Lake Boone Trail, Suite 201
Raleigh, NC 27607
(919) 785-0384

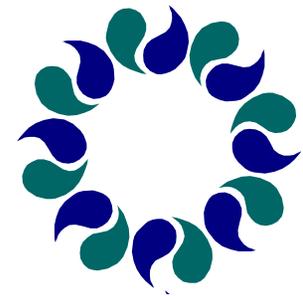
100 Europa Drive, Suite 260
Chapel Hill, NC 27517
(919) 929-1227

www.hrc-pa.com

DBT Skills Group

Four Modules of Skills

Mindfulness
Emotion Regulation
Distress Tolerance
Interpersonal Effectiveness



**HRC Behavioral Health
and Psychiatry, PA**

**Mareah C. Steketee, PhD
Licensed Psychologist**

**Chuck Holton, LCSW
Licensed Clinical Social Worker**