

Dialectical Behavioral Therapy Groups

AT WHITMAN-WALKER HEALTH



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we see you.

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DBT focuses on teaching participants how to manage difficult emotions, suicidal thoughts, self-harming and other impulsive or damaging behaviors to improve interpersonal relationships.

The group focuses on four modules of specific skills:

- Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness

The group is run more like a workshop where the group leaders teach the skills, assign homework for clients to practice using the skills in their everyday lives and review the assigned work regularly. The group members are required to have access to an individual therapist or psychiatrist for the duration of group membership. An initial screening appointment is necessary for admission.

In a group setting, participants gain support, practice new skills, and reinforce positive behavior changes. Together, these approaches empower individuals to break unhealthy cycles, build resilience, and create lasting emotional well-being.

**To connect to groups at Whitman Walker,
schedule a BH consult by:**

1. Self-Schedule through MyChart
2. Ask your WWH provider for a referral
3. Text **202-939-7668** to ask **Adam**
for more info

