



### 13-week DBT skills training treatment group

<https://libcat.nshealth.ca/en/permalink/chpams35657>

**Available Online:** View Pamphlet

**Corporate Author:** Nova Scotia Health Authority. Central Zone. Community Mental Health and Addictions Service

**Alternate Title:** 13-week dialectical behaviour therapy skills training treatment group  
13-week dialectical behavior therapy skills training treatment group

**Place of Publication:** Halifax, NS

**Publisher:** Nova Scotia Health Authority

**Date of Publication:** 2019

**Format:** Pamphlet

**Language:** English

**Physical Description:** 1 electronic document ([2] p.) : digital, PDF file

**Subjects (MeSH):** Psychotherapy, Group  
Cognitive Therapy  
Dialectical Behavior Therapy  
Mindfulness

**Subjects (LCSH):** Group psychotherapy  
Cognitive therapy  
Dialectical behavior therapy  
Mindfulness-based cognitive therapy

**Specialty:** Psychiatry

**Abstract:** The Dialectical Behaviour Therapy (DBT) Group is a skills training group. This group is for people who have a hard time controlling and expressing their emotions effectively. Topics include: how to join the group, when and where the group is held, expectations, and topics covered during sessions.

**Responsibility:** Community Mental Health and Addictions Service

**Pamphlet Number:** 1647