



13-week DBT skills training treatment group

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

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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

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Changeways treatment group

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Place of Publication: Halifax, NS

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Format: Pamphlet

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

Subjects (MeSH): Cognitive Therapy
Psychotherapy, Group
Depression

Subjects (LCSH): Depression, Mental
Group psychotherapy
Cognitive therapy

Abstract: The Changeways group is for people with depression or low mood as their main concern. The group teaches skills in problem-solving and managing your lifestyle to help with your mood. Topics include: when and where the group meets, what you need to bring, who will be there, sharing with the group, and how the group will help you.

Responsibility: Prepared by: Community Mental Health and Addictions Service

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