

Dialectical Behavior Therapy (DBT) Group

What is the DBT group?

The Dialectical Behavior Therapy (DBT) Group is a two hour group that is one part of a DBT program. Participants in the DBT group also receive weekly individual DBT with either a TAP provider or a DBT provider in the community. Group members stay in this group for 24 weeks to learn all sets of DBT skills.

Who can enter the group?

In order to join the DBT group, you must be in a full DBT program either with TAP or in the community. This program must include weekly individual DBT, phone coaching, and completion of diary cards. Group members stay in this group for 24 weeks to learn all modules of the DBT skills manual. If you are connected with a TAP DBT therapist, they will orient you to the group and provide a group entry date. If you are seeing a DBT therapist in the community, your DBT therapist must complete a referral form to refer you to this group. Once we receive the referral, we will contact you to complete our paperwork process and you will be scheduled for a one-time intake with a group leader.

The DBT program is designed to teach skills that help with mindfulness, distress tolerance, emotion regulation, and interpersonal communication. It is appropriate for individuals struggling with suicidality, self-harm, aggression, or significant emotion dysregulation. It can also be helpful with co-occurring symptoms of depression, anxiety, impulsivity, or interpersonal difficulties.

Is it the same as the BST group?

No. Though the BST group also uses DBT skills content, the DBT group is the group designed for individuals in what we call “full-model” DBT. This means that the group is for folks who are also in individual DBT. The DBT group is part of TAP’s Linehan-Board Certified DBT program and is conducted in adherence to Marsha Linehan’s full-model DBT program. All DBT group leaders have obtained extensive training in DBT and many are also individually DBT certified.

Brief Skills Training (BST) Group

What is the BST group?

The Brief Skills Training (BST) Group is a one-hour group where participants learn about skills that are taught in Dialectical Behavior Therapy (DBT) programs. This group is **not** a DBT group, but allows participants to learn some of the skills taught in the DBT program, if eligible. BST group participants can join to learn one set of DBT skills (approx 8 weeks) or stay in the program for additional modules (up to 24 weeks). A group leader meets with each participant to determine their particular treatment plan and length.

Who can enter the group?

In order to join the BST group for a module (or full program), you must be in semi-regular mental health treatment with an individual provider outside of the group. Your individual provider could be a therapist or a prescriber (e.g., psychiatrist or psychiatric nurse practitioner) and you must have check-ins with this provider at least every 6-8 weeks, as is appropriate for your particular treatment plan. Your current provider will complete a referral form for you to join the group and confirm that they will meet with you regularly during your group participation and feel you are a fit for the group. You will then meet with a group leader to complete a group intake and confirm fit for a BST group.

The BST group is designed to teach skills that help with emotion regulation and interpersonal communication. It is appropriate for individuals struggling with depression, anxiety, PTSD, OCD, or struggles with emotions in interpersonal situations. It is also appropriate to learn skills or maintain skills for relapse prevention or skills refresher. The group is not the right level of support if you are struggling with active suicidality, self-harm, aggression, or significant concerns with substances or eating disordered behavior. It is also not the right level of support if you have debilitating symptoms preventing you from being able to attend work or school or take care of tasks of daily living. We will be happy to communicate with your current provider to make sure you are a good fit for the group before you join.

Is it the same as a DBT group?

No. The BST group is **not** part of TAP's DBT program and is **not** considered a DBT group. If you would like to understand all of the differences between a BST group and a DBT group, please see the chart below.

	TAP's DBT Group(s)	TAP's BST Group(s)
Program	TAP's DBT Group(s) are part of our certified DBT program. They are run in accordance with DBT certification standards and practices.	The BST Group(s) are not part of the certified DBT Program. They are run differently from a DBT group.
Session Length	2 hours	1 hour
Treatment Length	DBT groups require participants to commit to at least one full round of all of the skills (24 groups).	BST groups require participants to commit to at least one module (8 weeks) of skills.
Group Leaders	DBT Groups are led by DBT therapists only.	BST groups are led by skills therapists. They may or may not be therapists in our DBT program.
Group Structure	DBT groups begin with mindfulness and then transition to homework review and skills teaching. This structure is consistent with Marsha Linehan's design for DBT groups.	BST groups begin with a Q&A and then transition to skills teaching.
Group Content	DBT groups use Marsha Linehan's DBT skills handouts.	BST groups also use Marsha Linehan's DBT skills handouts.
Group Participants	Participants in DBT groups are also seeing an individual DBT provider weekly. The group is only part of a full-model DBT program that also includes things like coaching calls and diary cards.	Participants in BST groups are seeing a mental health provider occasionally. Most participants are not in DBT individual therapy or receiving any other parts of the DBT model.
Participant concerns	Participants in DBT groups struggle with intense emotions and may include difficulties such as suicidality, self-harm, substance use, or impulsive behaviors.	Participants in BST groups may or may not have symptoms of depression, anxiety, or trauma. Some participants may use this group to increase functioning rather than treat a particular disorder or concern.
Cost	\$90 per group, plus one-time group intake (\$90 and 30 minutes)	\$60 per group, plus a one-time group intake *cost of intake ranges between \$60-120, depending on length of intake

