

## HOW DO I GET STARTED?

- If you are interested in participating in this group, please talk to your primary therapist about a referral.
- Individuals will be required to complete an orientation session with a group facilitator prior to starting group. Held Monday from 8:30a—9:00a.



## ONEIDA BEHAVIORAL HEALTH

2640 West Point Rd  
Green Bay, WI  
Main Phone | 920.490.3790  
Triage | 920.490.3860

## TRANSFORMATIONS

### *DBT SKILLS FOR ADDICTION RECOVERY*



MONDAYS | 9:30 AM—11:30 AM

## IS TRANSFORMATION RIGHT FOR ME?

- I am 18 years or older
- I struggle with abuse of alcohol or drugs
- I want to reduce or eliminate my use of alcohol or drugs
- I am willing to come to the group sober
- I am interested in learning how to:
  - \* Tolerate distress & crisis
  - \* Manage my emotions
  - \* Have healthier relationships
  - \* Live in the moment
  - \* Improve my quality of life
- I am willing to practice skills & do homework in between sessions

## BUILD A LIFE WORTH LIVING WITH DBT

*The goal of Dialectical Behavior Therapy (DBT) is to learn skills for changing unwanted behaviors, emotions, thoughts and events that cause misery and distress. We hope to help you improve your quality of life—or, “a life worth living” - by helping you build the following skills:*

### **CORE MINDFULNESS.**

Learning to stay in the moment, observe within and outside of oneself, and use Wise Mind to do what is best in a given moment.

### **INTERPERSONAL EFFECTIVENESS.**

Improving coping skills, building assertiveness skills, determining what is important in relationships, and how to increase the likelihood that your needs are met.

### **EMOTION REGULATION.**

Learning to regulate one's feelings, name emotions, reduce impulsivity, and discover feelings through emotional growth.

### **DISTRESS TOLERANCE.**

Developing new skills to soothe oneself and increase one's ability to tolerate distress and crisis effectively, while also recognizing that stress is a part of life.