What is the DBT group and when does it meet?
This is a 10–week series designed to teach you skills to help manage your emotions and conflicts with others in a healthy way. It’s on Wednesdays from 2:10 -3:30 pm, March 1st-May 10th, via Zoom. Members can only miss up to 2 sessions. A phone triage appt and a 20-min pre-group consultation with the co–facilitator(s) are required to determine goodness–of–fit, provide more info. and address your questions. Call CAPS (415–422–6352) to schedule your phone triage, if needed.

Which skills are covered?
Common reasons for attending this group include a desire to BUILD SKILLS to address…
- Experiencing difficult emotions without escalating/avoiding them (and reducing their intensity)
- Discussing conflicts with others/asking for what you want in a healthy way
- Understanding the purpose of emotions
- Finding balance between extremes & staying flexible despite strong emotions
- Committing to valued actions that foster a meaningful life
- Developing acceptance (not approval) for things that are out of our control
- Getting off the “emotional roller coaster” by noticing and managing triggers
- Increasing mindful awareness in order to respond, rather than react, in an effective manner

Who can benefit?
These skills may be particularly helpful for those who experience…
- Difficulties with overwhelming emotions
- Impulsive reactions to destructive urges
- Anxiety or depression
- Trauma
- Self–harming behaviors or hopelessness/suicidal thoughts
- Substance use
- Being human 😊