Do you feel overwhelmed by your emotions? Do you struggle with impulse control or self-destructive behavior? Do you say things, or react to circumstances and then feel regret? Do you experience drama in your relationships?

If you answered yes to any of these questions, you are not alone. Dartmouth College Counseling Center will be running a 6-8 session DBT skills group aimed at helping you learn to effectively manage emotions; improve relationships; and feel more successful in all domains of your life.

**WHAT:** An 8-session group informed by Dialectical Behavioral Therapy strategies adapted for Dartmouth College Students.

**WHEN:** Thursdays, 12:30pm-2pm beginning Thursday, 1/18/18

**WHERE:** 3rd floor of the Health Service (Dick's House) in the Dickey Conference Room
**DBT informed (Dialectical Behavioral Therapy) Group**

This is a 6-8 session group focused on developing skills to effectively manage intense and distressing emotions, improve relationships, and increase a sense of self-efficacy and success in all life and social domains. This group is based on a behavioral therapy technique developed by Marsha Linehan. DBT focuses on four sets of skills: 1) mindfulness 2) emotion regulation 3) distress tolerance and 4) interpersonal effectiveness. By the end of the group, students will have an expanded capacity to manage and deal with emotions and experience greater sense of efficacy and satisfaction in relationships.

**What is a DBT Group**

A DBT group is a skills-based group aimed to teach participants strategies that will improve their ability to cope with difficulty in emotion regulation and positive interpersonal relationships. Each week will focus on a new set of skills, along with discussion around how people have been doing with applying previously learned skills into their daily lives. Every week there will be some homework aimed to increase the likelihood that group members can generalize the skills into daily living. Participation is encouraged, but not required (other than a brief check in every group).

**Why do I have to do homework?**

The focus of this workshop is on building skills that will help you feel better on a day to day basis. In order for these skills to be effective, it is essential to practice them. You will not have to provide your responses out loud, or turn them in- but participation in homework will improve the group discussion and increase your chances of meeting your goals.

**What if I don’t do the homework?**

We encourage you to come to group regardless of whether you have done your homework. During group, you’ll still have the opportunity to think through examples when the homework is being reviewed.

**When and where will the group be?**

The group will meet on Thursdays from 12:30pm-2pm on the 3rd floor of The Health Center in the Dickey Conference Room. We ask that group participants check in with the front office. *Students are expected to attend group consistently- regular attendance is an important means of getting the most out of this group (If you need to miss a session, it is important that you let either the group leader of the administrative office staff at CHD know ahead of time).*