

Family & Patient Support Group for DBT

You're invited to attend the Family & Patient Support Group for DBT!

This workshop provides basic information regarding Dialectical Behavior Therapy (DBT) and staff and services offered at the Sharp Mesa Vista Hospital DBT-Skills Intensive Outpatient Program.

The goals of the group are to:

- *Teach some of the basic DBT ideas and skills that clients are learning in the program*
- *Explain how maladaptive behaviors develop and are maintained*
- *Explore ways to provide an environment for clients that balances validation (where the focus is on acceptance) and problem-solving (where the focus is on change)*
- *Provide mutual support and problem-solving between group attendees*

Where: Sharp Mesa Vista Hospital
Education Building in the Don Allen Garden

When: 2nd and 4th Tuesday of every month, 5:00 p.m. - 6:15 p.m.

Who: Adults, Ages 18 and up

Call 858-836-8459 for additional information

