



## Dialectical Skills Group

The Dialectical Skills Group (DSG) is a therapy group based on Dialectical Behavioral Therapy (DBT). Participants in the group will be introduced to the same skills training as those that go through the full DBT program, but in a more concise format and a lower level of commitment. You may benefit from joining this group if you struggle with:

- Intense emotions
- Relationship problems
- Impulsive behaviors
- Suicidal ideation
- Chronic feelings of emptiness
- Addictive behaviors

This group will allow in new participants every 8 weeks. Topics that will be covered include:

- Mindfulness
- Distress tolerance
- Emotional regulation
- Interpersonal effectiveness

DSG participants will be given homework assignments which they are expected to complete to remain active in the program. To be eligible for this group, participants must have a Pine Rest therapist that they meet with at least every other week for individual therapy.

**When**  
Visit [pinerest.org/DSG](https://pinerest.org/DSG) to get exact dates and times.

**Location**  
Virtual only

**Payment**  
Most insurance accepted  
Ask if you qualify for financial assistance

**Registration**  
Talk to your Pine Rest therapist to get referred to this group.  
For more info call the Pine Rest Caledonia Clinic 616.891.8770



[pinerest.org/DSG](https://pinerest.org/DSG)