

THE ADBS MODULES

The following is an outline of the skills taught throughout the group:

1. **Core Mindfulness:** Clients learn to participate with awareness in life's experiences. This helps to decrease impulsive and mood-dependent behaviours.
2. **Distress Tolerance:** Clients learn to tolerate and accept distress, and to bear pain skillfully rather than through self-destructive behaviours.
3. **Emotion Regulation:** Clients learn to positively regulate difficult emotions and be non-judgmental toward emotions. Clients learn to accept emotions and understand that they are valid.
4. **Interpersonal Effectiveness:** Clients learn assertive and problem-solving techniques such as strategies for asking for what one needs, and coping with conflict.

Referral Process

- **Complete and return the referral/consent form.**
- **An assessment will be conducted to ensure suitability of all participants.**
- **Support person may be required based on individual needs and abilities**

Central East Adapted Dialectical Behaviour Skills Group (ADBS)



WHO IS ELIGIBLE TO PARTICIPATE?

In order to participate in the program, clients must:

- Be stable on medication and able to sit for required group sessions.
- Be willing to commit to attend and participate in all scheduled sessions.
- Have a Dual Diagnosis.
- Be working with a Case Manager, or other support person.

WHAT IS ADBS?

The treatment combines traditional cognitive and behavioural therapies with eastern practices, such as Meditation and Mindfulness.

GROUP SKILLS TRAINING

Group runs from September to March, for 3 years.

1.5 hours per week of skills teaching (Wednesdays, 1:30-3pm).

Enhance coping skills in the areas of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.



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