

## 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.**

# 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.
- Able to have a support person attend with you.

## 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 May, for 3 years.

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

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



**Your Support Services  
Network 240 Edward Street,  
Unit # 3 Aurora, ON L4G 3S9**

**Phone (905) 898-6455  
Toll Free 1-866-257-9776  
Fax (905) 898-1171  
[www.yssn.ca](http://www.yssn.ca)**

