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DBT-Inspired Skills Class

What is it? Dialectical Behavior Therapy is an evidenced-based form of treatment aimed at skills training to help persons cope effectively with life stressors. The format of the group has been adapted to solely include skills training through teaching, review of skills learning and handouts.

What gets addressed in the class?

- Orientation and analyzing behavior
- Mindfulness skills
- Interpersonal effectiveness skills
- Emotion regulation skills
- Distress tolerance skills
- Crisis survival skills when the crisis is emotional

Who teaches the class? The class will be led by Dr. Scott Dugan, Psy.D., LP, and Alexa Thelen, practicum student.

Where and when? The class will be held at Eunoia Family Resource Center in Mankato on Mondays from 1:00 p.m. to 3:00 p.m. and participants will need to commit to 1 year (50 weeks). A start date will be announced when the class has a full roster.

Who is eligible to attend? Males and females at least 18 years old. A diagnostic assessment completed in the last two years is required. Diagnostic assessments, if needed, can be scheduled with one of the clinicians at any Eunoia Family Resource Center office. If a diagnostic assessment has been done elsewhere, it must be sent to Eunoia Family Resource Center. Participants must currently be in therapy (a Eunoia provider or another clinician). This class is for those without intellectual disabilities (FSIQ 80+) who suffer from emotion regulation issues, relationship struggles and self-harm tendencies. Persons who have a documented traumatic brain injury or psychosis will not be eligible for participation.

What are the attendance requirements? Only 3 absences are allowed per module or every 3 months. Otherwise, the participant will need to remain/recommit in the class until the missed module is re-taught.

How do I join the class? Referrals can be made by completing a referral form that can be found on the Eunoia Family Resource Center website at www.wellminded.org. Those interested in the group can also call the Eunoia Family Resource Center Mankato office at 507-779-7366.