

Priory Hospital Woking

Low intensity dialectical behaviour therapy (DBT) skills group

Our DBT skills group is a low-intensity programme designed for individuals who want to build resilience, enhance coping skills, and improve overall mental health and emotional balance in a structured and encouraging environment.

This skills-only format focuses on teaching core DBT strategies - mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. We do this in a way that supports everyday wellbeing and strengthens day-to-day functioning.

Programme overview

The group runs for one and a half hours on a weekly basis and follows an open, rolling format, allowing new participants to join at regular intervals.

This six-week DBT skills group may be especially helpful for individuals who:

- + Want practical tools to feel more emotionally regulated in day-to-day life
- + Are looking to strengthen coping skills and navigate daily life with more confidence
- + Are interested in learning simple DBT strategies to support overall wellbeing and healthier relationships



Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based treatment and will provide participants with:

- + A safe and confidential space to share their experiences and feelings
- + Opportunities to learn from others
- + Evidence-based strategies to manage their symptoms and build resilience
- + A community of support and encouragement to help them stay on track



Course structure

Mindfulness foundations

Focus areas: orientation to DBT, present moment awareness

Distress tolerance

Focus areas: crisis survival and acceptance

Understanding emotion

Focus areas: emotion regulation basics, function of emotions

Managing intense emotions

Focus areas: building resilience and emotional balance

Interpersonal effectiveness

Focus areas: assertiveness, self-respect, and maintaining relationships and boundaries

Each session will be structured to include:

- + Check-in and introductions
- + Psycho-education and skills introductions
- + Guided practice or role play
- + Group reflections
- + Home practice setting

Referral process

This group can be funded by self-paying or using private medical insurance. Please check the cover of your policy first. The cost is £125 per group.

For more information please contact Priory Hospital Woking:

Tel: 01483 485 122

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For the most up to date information on our services, please visit our website.

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