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LIFE SKILLS

WHAT IS THE LIFE SKILLS GROUP?

The Life Skills group is an outpatient group treatment program designed to benefit persons who experience very intense emotions and is based on Dialectical Behavioral Therapy (DBT).

WHY SHOULD I ATTEND THE LIFE SKILLS GROUP?

When people have difficulty managing very intense emotions it can lead to problems in relationships, problems with thinking clearly, and difficulties making decisions, or using good judgment. Some people also need to learn how to better manage impulsive behaviors.

WHAT ARE THE GOALS OF THE LIFE SKILLS GROUP?

- To improve the quality of life of group members.
- To improve relationships and communication skills.
- To improve enhance social functioning.
- To reduce intense emotional reactions, especially anger.
- To improve the motivation to work toward change.
- To help use the new skills in everyday life.

WHAT HAPPENS DURING A LIFE SKILLS GROUP SESSION?

- A brief check-in around how you are doing that day, followed by a report on homework: special assignments, reading discussion, how skills were used over the past week.
- Practice skills learned during the previous group.
- New information is presented when group practice exercises are done.
- A closing check-out. Each group member makes an “observing comment” based on his or her experience in the group.