What is DBT? Dialectical BehaviourTherapy

The 4 Modules of DBT (Marsha Linehan)

Core Mindfulness Skills Module

Why? *Focusing on the present ("living in the moment") without add-ons of other memories or future concerns reduces anxiety.*

Goals of Core Mindfulness: ▪ Reduce suffering and increase happiness ▪ Increase control over the mind ▪ Experience reality as it is ▪ Introduces the concept of "Wise Mind" ▪ Prepares participants for more advanced Mindfulness Groups (MSC, MBRP)

Emotion Regulation Skills Module

Why? *Part of being human means that we experience intense emotion at times. This group was initially made for people who have trouble managing the intensity of their emotions, who act out in reactive ways and wish to change that destructive habit.*

Goals of Emotion Regulation Skills:

- Understand and name your emotions (Emotional Fluency)
- Decrease frequency of unwanted emotions (stop unwanted emotions from happening in the first place, or change unwanted emotions once they start)
- Decrease emotional vulnerability and reacting, increase resilience and healthy coping
- Decrease emotional suffering , and manage extreme emotion to not make things worse

Interpersonal Effectiveness Skills

Why? *Some people have great difficulty navigating relationships because of earlier experiences or wounds that occurred in primary relationships, so they panic and become reactive if they think the relationship is threatened.*

Goals of Interpersonal Effectiveness Skills:

- Be skillful in getting what you want and need from others
- Build healthy relationships and end destructive ones
- Having the ability to repair relationships is more important than never having disagreements
- Don't let hurts and problems build up
- Resolve conflicts before they get overwhelming

Distress Tolerance Skills

Why? *Most approaches to mental health have not paid enough attention to accepting, finding meaning for or tolerating distress.*

Goals of Distress Tolerance Skills

- Survive crisis situations without making them worse

What makes the Restorative Wellness Project groups different?

The RWP team focuses on adding *Cultural and Spiritual Content* to groups by including **Elders and other Traditional Wisdom Teachers** as guests to each group. This helps us realize that Ancient Teachings from MANY cultures on wellness and balance are similar. Our team is multi-disciplinary and made up of a host of different healthcare professionals who are committed to holistic wellness. *All groups are currently online and will switch to hybrid when appropriate.*

To request services, please email **RESTWP@OUTLOOK.COM**

About Mindful Self-Compassion (MSC) *8-10 Weeks

The Mindful Self-Compassion (MSC) program was developed by Kristin Neff, a pioneering researcher in the field of self-compassion (Self-Compassion.org) and Christopher Germer (http://www.mindfulselfcompassion.org/). ***Research has shown that self-compassion greatly enhances emotional wellbeing for long-term gains. It boosts happiness, reduces anxiety and depression, and can even help maintain healthy lifestyle habits such as diet and exercise.***

Most of us feel compassion when a close friend is struggling. What would it be like to receive the same caring attention whenever you needed it most? All that's required is a shift in the direction of our attention – recognizing that as a human being, you too, are a worthy recipient of compassion.

In this program, you'll learn:

- how to stop being so hard on yourself
- how to handle difficult emotions with greater ease
- how to motivate yourself with encouragement rather than criticism
- how to transform difficult relationships, both old and new
- how to trust your divine internal wisdom

Many studies show that the MSC program significantly increases self-compassion, compassion for others, mindfulness, and life satisfaction, as well as decreased depression, anxiety and stress.

The RWP (Restorative Wellness Project) Collaboration offers a ***Culturally & Spiritually Enriched version*** *of our therapy groups. Meaning that Traditional Holders of Wisdom from many Nations and faiths sit in on each group to offer insight about how the teachings overlap with Ancient teaching about balance and health in life. This group is a Spiritually Enriched Biopsychosocial program with First Nation Elders, Monks, a Rabbi, Shamen, Sufists, Christians and agnostics who come to realize common humanity at the roots of all belief systems.*

Our group services are low-barrier and open to any interested individual regardless of access to benefits or income difficulties. **First Nations Clients qualify to have all services covered through FNHA, and limited 1:1 counselling is available to group clients if needed.** Clients who do not qualify for FNHA funding and are low income (without benefits) can attend group by donation based on financial circumstances.

To request services, please email **RESTWP@OUTLOOK.COM**