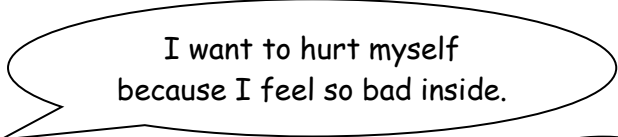
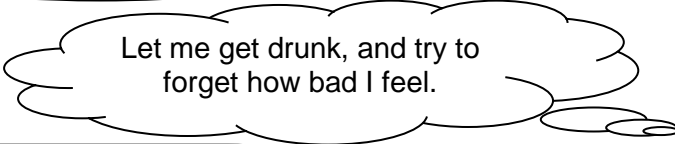


What is DBT and Who is it For?

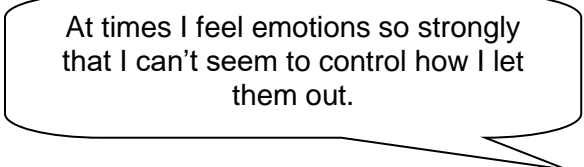
DBT or Dialectical Behaviour Therapy is a treatment offered by Student Counselling Service for students who have difficulties managing their emotions and/or feelings, relationships and distressful circumstances. At times this may result in thoughts and feeling such as:



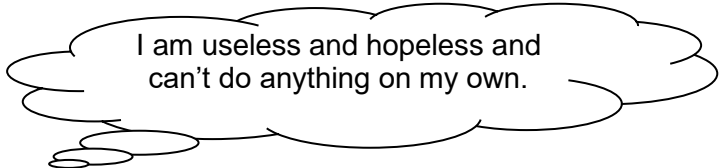
I want to hurt myself because I feel so bad inside.



Let me get drunk, and try to forget how bad I feel.



At times I feel emotions so strongly that I can't seem to control how I let them out.



I am useless and hopeless and can't do anything on my own.

How does DBT Treatment Work?

Students who are considered appropriate for DBT treatment are asked to commit to reducing and eventually stopping impulsive, damaging behaviours; self-harm and binge drinking. The programme is designed to help students manage difficult relationships and gain a sense of control over their feelings and emotions.

What does the DBT Programme Consist of?

One to One Work

The student will work with an individual therapist and together they will identify skills that can be applied in the real world to manage difficult circumstances. The therapist will also help the student to change the way they think about things.

Skills Training Group

In addition to the 'one to one' work, the student will be required to attend a Skills Group with other (12-16) students with similar difficulties. In the group 4 types of skills are taught:

1. *Mindfulness* - learning to focus on what is happening now rather than what has happened in the past.
2. *Distress Tolerance* - looking at ways to cope better with difficult situations.
3. *Emotion Regulation* - here the group learns about how to identify and label emotions, which can lead to better coping.
4. *Interpersonal Effectiveness* - here the group learn how to tell others about how they feel and what their needs are in a more effective way whilst maintaining self-respect.

DBT Consultation Team

This is a weekly meeting for the therapists only. This is a place where therapists come together to share ideas, learn new skills about how best to help students in the programme.

The Team includes:

Clinical Psychologists

Psychological Therapists

Counsellors

When will the group run?

The group will run online via Zoom every Wednesday afternoon from 2 pm commencing 28 Oct 2020- 21 April 2021.

Individual therapy if appropriate will start in Oct 2020.

What is expected of the students?

- Attend all group sessions and individual appointments as agreed
- Practice the skills taught
- Report back on practice

For further information: please contact

Student counselling Service

Bangor University

Neuadd Rathbone

College Rd, Bangor, LL57 2DF

01248 388520

counselling@bangor.ac.uk



Student Counselling Service

Dialectical Behaviour Therapy (DBT) Programme

Information for Students