



DBT of SOUTH JERSEY



Fast Facts

MultiFamily Skills Group

Benefits & Outcomes:

- Group Members will learn skills to manage big emotions, improve relationships and connect with other teens to learn valuable skills to create a life they love
- Group Members will learn how to communicate more effectively
- Group Members will learn how to get through crisis situations without acting on impulse or making the situation more painful
- Group Members will learn ways to be more mindful and present in the moment, ultimately becoming more self-aware of their experiences to gain control over emotions

Topics & Themes:

- 4 Modules with various skills in each module: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness

Length, Duration, Cost

- Members commit to 7 months
- Group is 2 hours weekly
- \$140/week per family (one adult & one teen).
- Another adult can join the group for an additional \$40 per group
- Group manuals are \$15 each (\$30 for two) and are required for group
- 3 Free passes that can be applied if given 24 hours notice, after which any absence (barring emergencies) is billed the full group session rate

Additional Information:

- A Group Intake is required prior to placement (\$160 one time fee for 75 minute intake session)
- Members are required to be in individual therapy (at DBTSJ or outside therapist) to join
- Members commit to 7 month duration and contract end date
- 4 Miss Rule: If a client misses 4 groups in a row, this is considered a group drop out. Return to group is negotiated and may only occur after the original contract end date.
- For any additional questions related to MFG, email intake@dbtofsouthjersey.com



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Why Work at DBTSJ?

Who It's For:

- Teens (12-17) and their caregivers who are highly sensitive, easily triggered and engage in problematic behaviors when they experience big emotions
- Teens & their caregivers who have a history of self-harm and/or suicidal thoughts or attempts who are looking for long-term effective coping skills
- Teens & their caregivers who act impulsively when experiencing intense emotions. They engage in behaviors like bingeing/purging, using substances, arguing with family and friends, skipping school, etc

Who It's NOT For:

- Teens & their caregivers who do not agree that their behaviors are problematic
- Teens & their caregivers who do not want to see an individual therapist (Skills group is NOT therapy)
- Teens & their caregivers who are not willing to engage in a group experience
- Teens & their caregivers who want a process group (This is a classroom like setting)
- Teens & their caregivers who are unable to tolerate 90-minutes in a classroom like setting
- Teens & their caregivers with restrictive eating patterns as a primary concern
- Teens & their caregivers with social anxiety/OCD as a primary concern

Typical Group Structure:

- Opening mindfulness activity: 5-10 minute interactive or mindfulness based activity
- Check-In: Brief sharing of one thing that went well over the past week to focus on a win
- Homework Review: Group review of how practicing the skill from last week went for each person. Worksheets from the workbook are assigned as a guide.
- There is a brief 5 min break
- The new skill is taught via worksheets, discussions, videos, and other visuals of the workbook materials
- Group activities such as art, games, discussions, and self reflection to practice the skill while in group
- Homework is assigned for the following week
- Closing observations: Each group member shares something they noticed about themselves or the group experience
- NOTE: group members are expected to participate in each part of group