



Frequently Asked Questions about Wynns Family Psychology DBT Group Services

Thank you for considering DBT group services with Wynns Family Psychology. We understand contacting a psychologist can be an intimidating but important step. It takes insight and courage to admit your family needs outside help. We hope these FAQs will answer some of your initial questions and provide reassurance that you're in expert hands and on the right path to a positive and fresh start. If you have any further questions or would like to schedule an appointment after reviewing this document, feel free to call **919-467-7777** or **919-805-0182**, or email us at Info@WynnsFamilyPsychology.com. We're always happy to help!

Q: What is DBT and how is a DBT Skills Training Group helpful for my teen?

A: Dialectical Behavior Therapy (DBT) is a treatment designed for individuals who are experiencing difficulties with emotional regulation, impulsivity, stress, and/or adaptive coping. DBT skills training offers concrete coping skills that are best taught in a group situations. Research has shown that groups have the benefit from providing peers support from other individual who have similar problems, which can be a powerful component of treatment.

Q: I've read that DBT is helpful for teens with a history of suicidal ideation or self-harming behavior. My teen doesn't struggle with these issues, but can he still benefit from the group?

A: Great question! DBT has been shown to be helpful for a variety of challenges. Although DBT can be helpful for someone who is struggling with self-harming behavior and/or suicidal ideation, teens who struggle with anxiety, depression, emotional regulation, family conflict, and/or poor peer relationships can also benefit from learning DBT skills.

Q: Will talking to other teens give my child more ideas about acting out or self-harm?

A: DBT Skills Training is highly structured around finding more effective ways to cope with problems. If/when the topics of self/harm and acting out come up, the focus is quickly redirected to how situations could have been handled more effectively. Group leaders will not allow for detailed discussions surrounding the actual acts of self-harm. Generally, the adolescents quickly become skilled at providing positive suggestions for other members, which in turn, help to modify their behaviors.



**Q: Can my teen exclusively attend the DBT Skills Training Group?
Or are additional services necessary?**

A: DBT is a two pronged approach to help change your teen’s behaviors. Research has shown that both skills training and individual therapy are equally important components to treatment. In addition, as the DBT group is primarily educational in nature, we require that all group members participate in individual therapy at the same time at the provider of your choosing. We request that you complete an authorization form on file in order to allow the group leader to check in with your teen’s individual therapist about progress and to consult about any issues that may arise during the course of group.

Q: When you say “educational in nature,” what exactly does that mean?

A: The DBT group is a structured group in which group members are taught the various DBT skills. Group leaders will model and teach the skills in each session. Group members will also have the opportunity to practice the skills and receive feedback. While the group leader will help group members understand how skills are relevant and can be effective in their own life, the structure and nature of the skills training group does not allow for individual “processing” or “talk therapy.” Rather, group members can use their individual therapy time to process the material on a deeper level. The DBT skills training group does not provide crisis management.

Q: What is the typical size of the DBT group? Do we get personalized feedback?

A: We keep groups small so your teen can feel comfortable and receive personalized feedback “in the moment” from the group leader. At the conclusion of each module, a brief written summary will be provided to you. The customized feedback will review your teen’s strengths and areas that could use further improvement. Provided you have a signed authorization form on file, we will also make this summary available to your teen’s individual therapist. Should you desire additional time, you will need to schedule a separate appointment with the group leader for further feedback (Additional fees apply).

Q: Can my teen join the DBT Group at any point? How long is the group?

A: If space is available, we allow new members to join in at the start of a new module. There are four different modules, each one lasting four weeks. Some clients opt to repeat the modules in order to feel more comfortable with the material.



Q: What if my teen says she refuses to come to the group?

A: Because our DBT group encourages your teen to confront their stress and/or behavior, the idea of attending may provoke anxiety. A socially awkward, anxious, or defiant child may insist on NOT coming (or returning). But it's important to push past this common, initial reaction and commit to bringing your teen to all of the sessions so she can conquer these fears and maximize her overall success. We strongly recommend making attendance "mandatory," while explaining to your teen that this group can help improve her quality of life, especially if she comes into it with an open mind.

Q: How do I know the group is working?

A: Although it's not always easy to see skills generalize immediately outside of the group setting, as teens get more and more practice, you should start noticing improvement in behavior, self-control, and interpersonal relations in general. And even though different teens will make progress at different rates, by the end of our groups, we typically get overwhelmingly positive feedback about the results.

Q: What is the format of the group? Will my teen be stuck in a chair, listening to boring lectures the whole time?

A: No. Your teen's DBT group is designed to be both educational and fun. All meetings will begin with a mindfulness exercise. Sessions will include a teaching component, including hands-on, experiential exercises, handouts, videos, music, and assignments to complete between classes. Sessions will end with another brief mindfulness or relaxation exercise to model calming skills your teen can use at home. Your teen will be given homework assignments and self-monitoring worksheets that will be reviewed the following week. These are designed to help him/her in applying the skills to "real world" situations..

Q: Why is DBT homework important? How can I help my teen further develop his DBT skills at home?

A: Research shows that DBT skills generalize best with lots of practice and positive reinforcement. Therefore, we strongly encourage you and your teen to complete the homework assignments. Homework is also a helpful way for you, your teen, and your group's leader to track progress. Please note, that teens will be held responsible for completing assignments in



group, should they not complete them at home. In addition, our group offers a one-time parent workshop during the course of the series. The parent- workshop provides a general overview of the skills the teens are learning and how parents can help model and reinforce the skills at home (Additional fees apply).

Q: What is the cost of the DBT Group?

A: \$400. per module (4 weeks) or receive a discount when paying for all 4 modules (16 sessions) in advance. *Parent Workshop is an additional \$100. (Most insurance plans with reimburse a percentage of these fees). \$100. non-refundable deposit is required to reserve a spot. The fee covers a substantial amount of materials, brief written summary at the end of each module, and snacks at each group meeting (please note any allergies on the registration form).

Q: Will insurance pay for DBT Groups? When will I receive receipts?

A: Parents receive a receipt for all sessions at the end of each module. Most insurance plans reimburse for DBT groups under the group therapy code 90853. We can provide an insurance “cheat sheet” that guides you through how to determine your specific benefits. Also, we accept Flexible Spending Account (FSA) Cards and Health Savings Account (HSA) Cards in our office. (Most FSA’s and HSA’s cover therapy, testing, groups, and custody services.)

Q: Do you offer refunds for deposits or missed classes?

A: Because our groups are popular and we limit the number of teens (to maintain a manageable and effective class size), there is often a waiting list of interested parents. In order to make space available to parents who want to get the most out of our services and are committed to bringing their teen to each session, payments and deposits for groups are non-refundable.