



HEALING MIND DBT

Skills for Living

A 12-Week DBT Skills Group

Create a life worth living.

Skills for Living is a 12-week Dialectical Behavior Therapy (DBT) skills group.

DBT skills are helpful for anyone experiencing relationship difficulties, impulsivity, emotional regulation challenges, anxiety, and depression. DBT is also an evidence-based treatment for more complex issues such as self-harm, bulimia, borderline personality disorder, and substance abuse.

DBT incorporates mindfulness and cognitive behavioral therapy in 4 modules that target different areas of emotional functioning.

In this group you will learn skills to:

1. Regulate your emotions

Decrease the frequency, intensity, and duration of painful emotions.

2. Tolerate distress

Learn how to get through difficult situations without making things worse. Reduce impulsive behaviors and self-harm, addictions, or aggression.

3. Be more effective in relationships

Ask for what you want, say no to what you don't want, and maintain your self-respect.

4. Be mindful

Bring more awareness, attention, and choice to all areas of your life.

Group Details

Facilitator: Rob McLeod

When: Tuesday evenings, 5:30–7:00 pm

Start Date: January 6th 2026

Where: Online via Zoom



Robert McLeod is a counsellor and DBT specialist with extensive training through Behavioral Tech (Linehan Institute) and the BC Provincial Mental Health system. He served for years as a designated Regional DBT Specialist for CYMH, delivering consultation, training, and program development grounded in the DBT model created by Dr. Marsha Linehan.

Cost & Payment Options

Cost: \$75 per session for 12 weeks (total \$900)

Two Payments

\$450

- First payment at the beginning
- Second payment 6 weeks later
- Total: \$900

Full Fee Upfront

\$810

- One payment at the beginning
- Total: \$810
- Includes 10% discount

Save 10%

Create a Life Worth Living!

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Register online at : <https://www.healingmindpsychotherapy.com/training-workshops-and-groups/>