DBT Graduate Groups are intended to support the ongoing practice of DBT skills after you have already mastered the application of the skills. The DBT Graduate Groups that I offer meet twice monthly with the goals of refreshing your skills, helping you work toward new goals, rejuvenating focus on sustainable behavior change, and meeting with others committed to ongoing study and practice of DBT and other life skills. The overall goal is to work toward a higher quality of life. While continuing to build emotional resiliency, participants will gain additional knowledge and practical skills about effective ways to access their own wise mind effectively and more frequently.

Interested participants must have a good working knowledge of DBT Skills and must have had no self-harm behaviors within the past 6 months. As with DBT skills group, participants must be working with a DBT therapist to get the most benefit from graduate group.

Two ongoing groups held at HRC locations:

1. Chapel Hill: 1st & 3rd Mondays, 4:00-5:30 pm
2. Raleigh: 1st & 3rd Wednesday, 7:00 pm- 7:30 pm

Minimum commitment: Six months

Group cost: $50 per meeting, paid whether you attend group or not.

Please call Mareah Steketee, PhD, if you know skills well, have no self-harm in the last 6 months, and are interested in ongoing DBT study and support (919.442.1127).