



DBT INTEREST GROUP

The DBT Interest Group will be of interest to any Members who have an interest in Dialectical Behaviour Therapy (DBT). This might include practitioners who are experienced in working with DBT or those who have little or no experience and are looking to connect with others to discuss this topic, share experiences, share ideas and knowledge and support each other.

There is very little related to DBT in Scotland, so this is a welcome addition to what The CBT'ers Club offers.

We decided to offer this group through requests from other Members. These groups will last 2.5-3 hours each, depending on the aims and objectives of that particular group meeting.

Interest Groups might include some of the following (although suggestions and ideas are always welcome):

- Book Clubs
- Research Discussions
- Skills Practice and Knowledge Sharing
- Conversation Cafes (e.g. watching a documentary, presentation or piece of film related to body image/BDD and discussing it, sharing options and exploring applications with other Members)
- General discussion groups
- Group supervision for body image/BDD clients

.... and more

CPD Certificates of Participation will be issued at the end of the workshop. Upcoming DBT Interest Group events (and all other events and meetings) are posted in the What's On section of the website.