



PROJECT AIR

A PERSONALITY DISORDERS STRATEGY

Group Skills Training - 12 week program

2 weeks mindfulness
3 weeks distress tolerance
3 weeks emotion regulation
3 weeks interpersonal effectiveness
1 week review

Week 1: orientation and mindfulness: group rules / diary cards

Week 2: mindfulness: what / how / nonjudgement / one mindful

Week 3: distress tolerance : pros and cons / distraction / self-soothing / improve the moment

Week 4: radical acceptance : why acceptance / barriers / how to do radical acceptance

Week 5 distress tolerance: turning the mind / one step at a time / willingness / mindfulness of current thoughts

Week 6: emotion regulation: what and why / things that can get in the way

Week 7: emotion regulation: positive emotions / mastery / coping / values

Week 8: emotion regulation : self-caretaking care of yourself / mindfulness of current emotion / opposite action / problem solving

Week 9: interpersonal effectiveness: what gets in the way / clarifying goals / dear man / a guide to getting what you want

Week 10: interpersonal effectiveness: relationship effectiveness / the “how to” on keeping relationships / validation

Week 11: interpersonal effectiveness: self-respect effectiveness / finding and getting people to like you / what helps in joining an open group?

Week 12: review : mindfulness / distress tolerance / emotion regulation / interpersonal effectiveness

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www.projectairstrategy.org