

# Psychological Skills for Helping Self, Relationships, & Communication

(5-Session Group Program)

Fall 2024 for WKU Students



WKU Zoom Portal: <http://wku.zoom.us>

3:00 p.m. – 4:30 p.m. on Wednesdays, October 23, 30, November 6, 13, & 20



**Session 1: Introduction & Dialectics (10/23)**

**Session 2: Mindfulness (10/30)**

**Session 3: Emotion Regulation (11/6)**

**Session 4: Distress Tolerance (11/13)**

**Session 5: Interpersonal Effectiveness (11/20)**

This program is an adapted version of the Dialectical Behavior Therapy (DBT) Skills Training for college students who are interested in improving their intrapersonal, interpersonal, and communication skills.

Although DBT is known as an evidence-based treatment for various mental disorders, this program is designed to be a psychoeducational workshop for self-help, not a group therapy for treatment. If you have any questions or concerns about whether or not this program is appropriate for your needs and interests, please contact Masami Matsuyuki, Ph.D. ([masami.matsuyuki@wku.edu](mailto:masami.matsuyuki@wku.edu)) at WKU Counseling Center before you register.

**Participants are strongly encouraged to attend all 5 sessions and practice newly learned skills between sessions in order to receive the full benefits of this program.** Sessions 1 and 2 cover the foundational contents and skills for this program. Each session covers different contents and skills relevant to the topic of the session, and what participants learn in one session will be built upon what they learn in the preceding session(s).

**Click the link below to register with your WKU email address by 4:30 on Monday, October 21:**

<https://wku.zoom.us/meeting/register/tJAvfuqvqTIsEt18DiBS43gOve99Bu1oYf0e>