

# Residential Treatment Groups

## Skills training group

The skills training group is influenced by both Dialectical Behaviour Therapy (DBT) and Acceptance and Commitment Therapy (ACT).

As it has evolved over the years more emphasis has been placed on mastering skills such as “radical acceptance” from DBT and “cognitive defusion” from ACT. The groups run twice a week with topics chosen according to the needs of individuals and the themes arising in other parts of the residential program.

Participants in this group will learn and rehearse new ways to relate to others, survive crises and manage emotions.

## Life focus group

A group “to choose, organise, and satisfactorily perform meaningful occupations that are culturally defined and age appropriate for looking after one’s self, enjoying life, and contributing to the social and economic fabric of a community” (Law et al, 2002).<sup>1</sup>

The life focus group helps people develop a sense of satisfaction in relation to activity, skill and direction in life. Participants in this group have the opportunity to bring their experiences from a range of other treatment, to focussing on occupational performance and mastery of activities that will contribute meaningfully to their life.

Clients residing in Spectrum’s residential treatment unit have access to this group. Their participation will be informed by an assessment of strengths and difficulties in relation to three interrelating domains;

- the person,
- their environment
- self care, leisure and contribution to life

The groups run twice a week, with activities developed collaboratively and in accordance to individual needs identified in the group and/or as part of an individualised assessment. Follow up on an individual basis is available as required.

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<sup>1</sup> Reference

Law, M., Polatajko, H., Baptiste, S., & Townsend, E. (2002) *Enabling occupation: an occupational therapy perspective* (2nd ed.). Ottawa, ON: CAOT Publications ACE