



PANEL 2:
Clients that have been
through Anger, DBT or CBT
groups

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WBP Conference
September 20th, 2013

Introductions

- DBT client
- CBT client
- Anger group client
 - DBT client
- Anger group client

Questions

1. Introduction: Name & What group you have been going to?
2. How long have you been going to the group?
Why did you decide to join the group?
3. What is it like for you being committed to attending the group regularly?
4. What is it like having Deaf, Hard of Hearing in the group?
5. Do you feel your confidentiality is protected?

Questions

6. Are you comfortable with having interpreters or do you prefer it to be done in direct sign ?
7. What are the challenges? What feel need improve?
8. What helped you?
9. What specific skills have you learned? Is your self regulation better? or less?
10. How do you apply mindfulness?
11. Would you recommend this group to others?

Thank you

