

DBT Managing Emotions Group Therapy

Dr Shanti Rao M.D, CCFP, FCFP



Wednesday September 17, 2025

What is Dialectical Behaviour Therapy (DBT)?

In DBT, people are taught acceptance that their experiences and behaviour are valid, and how to change their behaviour to make positive changes to manage emotions and move forward.

Dr. Shanti Rao is offering a **FREE** virtual workshop that teaches the principals of DBT for ages 16+ The cost of the class is fully covered by OHIP. *A doctor or nurse practitioner referral is required. The Workshop is open to all patients in Ontario.

General Group Information

- The virtual group workshop is conducted via the Zoom platform.
- All participants are required to complete a private virtual intake with Dr Rao via The Ontario Telemedicine Network (OTN) prior to the group start. OTN complies with the Canadian government standard for privacy and is fully encrypted.
- The group runs on Wednesdays from 7-9 pm, weekly for 11 weeks.
- Each weekly session highlights skills that build upon the previous week, so regular attendance is strongly recommended.
- Group will be conducted in a workshop style, without sharing personal information with each other. There will be general discussion only.
- A free PDF of the course workbook will be provided. You may choose to purchase the hard copy from an outside source such as Amazon or Indigo at your own expense, this is of course optional. Details will be provided once registered.
- There will be weekly homework provided to give you the opportunity to apply your new skills.

For More Information Contact: Deb Hill RN / Verna Smith RN 705-792-4244

Referrals can be tasked to Telemedicine via Accuro or faxed to 705-792-5136