



Psychological  
& Counselling  
SERVICES GROUP

# 成人「辨證行為治療」小組課程

## Adult Dialectical Behavior Therapy (DBT) Group Sessions

語言: 廣東話 / Language: Cantonese

### 辨證行為治療小組研習環節

Modules & Dates

每星期四早上10:30分至中午12時  
Thursdays, 10:30am – 12:00pm

#### 自我控制破壞性行為技巧

Distress Tolerance (Nov. 10, 17, 24, Dec. 8 & 15, 2022)

#### 辨證及正念思考訓練

Mindfulness (Jan. 12, 19, 26, Feb. 2, & 9, 2023)

#### 自我情緒調節技巧

Emotion Regulation (Feb. 16, 23, Mar. 2, 9 & 16, 2023)

#### 建立有效人際關係技巧

Interpersonal Effectiveness (Mar. 23, 30, Apr. 6, 13 & 20, 2023)

整個課程由4個單元組成, 每個單元為期5週. 每組人數最多5人. 有意參加人士, 必須由每一單元開始參加, 不得中途加入. 所有參加者在開課前必須購買一本英文版的辨證行為課程手冊. 本小組課程適合18歲或以上人士參加. 在課程開始前, 參加者必須以視像或實體形式與導師先會面, 以確保適合參加小組治療.

There are 4 group modules, each lasting 5 weeks. Groups have a maximum of 5 people. Attendees can start at the beginning of any module. All participants must purchase an English version of the Dialectical Behavior Course Manual prior to the start of the course. Groups are open to persons 18 years of age and up. Prior to the start of the session, participants must meet with the instructor, either virtually or in person, for a pre-screening interview.



### Dr. Tammy Wong Ko

PhD, CCFT, RP, C. Psych.  
Clinical Psychologist

Dr. Tammy Wong Ko 為安省註冊臨床心理醫生, 也是一名資深、經驗豐富和專業的家庭治療師, 曾任職 Family Services York Region (約克區家庭服務處) 作輔導員及督導主任.

Dr. Wong worked with Family Services York Region as psychotherapist and clinical supervisor for over 9 years. She is a clinical psychologist, a registered psychotherapist, and a registered Marriage and Family Therapist.

### 小組舉行地點\* / Address\*

萬錦市 7155 活柏大道  
2樓201室

7155 Woodbine Avenue, Unit  
201, Markham

\*但若情況需要, 可能改在網上授課  
\*meetings will be held virtually, if necessary

報名及查詢: 請致電 416-628-6039 或電郵至  
clinic@woodbinepsychologist.com

To register call 416-628-6039 / email  
clinic@woodbinepsychologist.com