Dialectical Behavior Therapy (DBT) is an evidence-based treatment created by Dr. Marsha Linehan. DBT is designed for people to learn to manage their emotions and that building a life worth living is possible. DBT has proven effective in treating personality disorders, chronic depression, anxiety disorders, eating disorders, and addictions. Our DBT program includes weekly individual therapy, weekly skills training group, access to after-hours DBT phone coaching, and a DBT consultation team of committed and certified DBT therapists.

**Who is eligible?**

DBT is designed as an intensive outpatient program for individuals:
- Who have participated in other therapy services which have not been helpful
- Who struggle to regulate their behaviors and emotions effectively which causes severe impairment to their quality of life
- Diagnosed with Borderline Personality Disorder or have multiple mental health diagnoses
- Who struggle with impulsive behaviors and/or self-harm behavior
- Most health insurance plans, including Medical Assistance and pre-paid Medical Assistance plans cover DBT services

**What can I expect?**

Our DBT program includes:
- Weekly individual therapy sessions
- Access to phone coaching
- One year commitment to adult program
- Weekly skills training group
- DBT therapists participate in consultation team

**What DBT modules are taught?**

- Mindfulness – learning skills to help us experience our current environment, sensations, feelings, and thoughts in a non-judgmental way
- Interpersonal Effectiveness – learning skills to help reduce painful and chaotic relationships
- Emotion Regulation – learning skills to help understand and regulate emotions and impulses
- Distress Tolerance – learning skills to help survive crises as well as tolerate and deal with pain in a more effective way

**DBT skills groups offered at NAL**

- Adult Skills Group
- Child/Family Skills Group
- DD/TBI Skills Group

- Adolescent/Family Skills Group
- Couples Skills Group
- Graduate Skills Group

**MORE INFORMATION**

Read about our full program at: [www.nystromcounseling.com](http://www.nystromcounseling.com)

If you feel you would benefit from our DBT program, please call the clinic nearest you for more info or to make an appointment:

<table>
<thead>
<tr>
<th>City</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Apple Valley</td>
<td>952-997-3020</td>
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<tr>
<td>New Brighton</td>
<td>651-628-9566</td>
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<tr>
<td>Maple Grove</td>
<td>763-274-3120</td>
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<td>Coon Rapids</td>
<td>763-767-3350</td>
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<td>Woodbury</td>
<td>651-714-9646</td>
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<tr>
<td>Duluth</td>
<td>218-722-4379</td>
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<tr>
<td>St. Cloud</td>
<td>320-253-3512</td>
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<td>Otsego</td>
<td>763-746-9492</td>
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<td>Baxter</td>
<td>218-829-9307</td>
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<tr>
<td>Bloomington</td>
<td>952-854-5034</td>
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<tr>
<td>Eden Prairie</td>
<td>952-746-2522</td>
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**Commercial Insurances · Medicare MN · Medical Assistance (MA) · Prepaid Medical Assistance Plan (PMAP) · Reduced Private Pay Rates**