

What to Expect:

Dialectical Behavior Therapy (DBT) Family/Adolescent Program

Dialectical Behavior Therapy (DBT) is an evidence-based treatment created by Dr. Marsha Linehan. DBT Family is designed for teens and parents who struggle to regulate their emotions and behaviors effectively. Families participate in DBT when traditional psychotherapy, day treatment and/or hospitalizations have not been effective. Our Family DBT program can also help parents and their kids better see one another's differing viewpoints which can strengthen their relationships.

Program Details

DBT is designed as an intensive outpatient program that aims to help decrease unhealthy behavior and increase skillful behavior.

Who is eligible?

- ▶ Teens ages 13-18 accompanied by at least 1 parent or parental figure
- ▶ Teens struggling with suicidal thoughts, severe emotional dysregulation, 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?

- ▶ Weekly individual therapy sessions
- ▶ Access to phone coaching
- ▶ 20 week commitment to family/adolescent program
- ▶ Weekly skills training group
- ▶ DBT therapists consultation team
- ▶ Weekly homework assignments to help practice skills

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
- ▶ 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

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| ▶ Adult Skills Group | ▶ Child/Family Skills Group | ▶ DD/TBI Skills Group |
| ▶ Adolescent/Family Skills Group | ▶ Couples Skills Group | ▶ Graduate Skills Group |