

# What to Expect:

## Dialectical Behavior Therapy (DBT)

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.

### Program Details

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

### 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?

- ▶ Weekly individual therapy sessions
- ▶ One year commitment to adult program
- ▶ DBT therapists consultation team
- ▶ Access to phone coaching
- ▶ Weekly skills training group

### 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

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