

What to Expect: Dialectical Behavior Therapy



Dialectical Behavior Therapy (DBT) is an evidence-based treatment that **helps participants develop skills** to manage their emotions, improve relationships, and tolerate stress. Our DBT program is designed for adult individuals or minors (accompanied by parent/guardian) who are looking for **guided, supportive solutions**, particularly those for whom traditional psychotherapy, day treatment, or hospitalizations have not been effective.

What Can I Expect?

Participants attend **weekly therapy sessions** with a DBT therapist who is supported by a consultation team. Sessions focus on teaching skills to help individuals/families navigate their environment in a more productive and effective way. You will have access to phone coaching between sessions and will take part in a weekly skills training group. Those participating in our family program will receive weekly practice assignments to apply the skills in real-life situations.

Our DBT services are **covered by most health insurance plans**, including Medical Assistance and pre-paid Medical Assistance.

Skills That DBT Supports:

- **Mindfulness:** Learning self-awareness and awareness of surroundings
- **Interpersonal Effectiveness:** Building healthy social and communication skills
- **Emotion Regulation:** Understanding emotional awareness and control
- **Distress Tolerance:** Gaining practical strategies to tolerate stressful situations

DBT Family Program (6 months)

Adolescents ages 12-18* who:

- Have participated in other therapeutic programming without significant improvement Have engaged in self-harm or experience suicidal ideation
- Have high anxiety, high-intensity emotions or impulsive behaviors
- Struggle with relationships or who are being bullied

*Participants must be accompanied by a parent or guardian

DBT Adult Program (1 year)

Adults 18+ who:

- Have participated in other therapeutic programming without significant improvement
- Struggle to regulate their emotions or have impulsive behaviors
- Are diagnosed with borderline personality disorder or another mental health disorder