

Considering DBT?



Here's what you need to know...

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*DBT classes are held once a week: Mon. 1pm-3:30 pm; **OR** Tues. 9:30am-noon; **OR** Tues. 4pm-6 pm; **OR** Wed. 2:30-5 pm.

*DBT is a 1-year commitment. If you have a case manager, you will continue to meet with your case manager once a month.

*The Skills phone will be available to you for coaching 24 hours a day, 7 days a week. These coaching calls are a brief, 5-10 minute call. The call is skill driven and not meant to be a therapy call. We encourage you to use the skills phone for coaching when a problem arises, or before. It is recommended that a skills call be initiated at least once a week.

*You will be completing a diary card every day on skills you have been practicing and presenting in group. You will be using a therapy card to track target behaviors/urges, etc. and share individually with your therapist, weekly.

*When joining DBT, you are required to attend regular psychiatry appointments and stay medication compliant. Due to the State's DBT certification requirements, you are also required to participate in weekly DBT therapy, which is provided by a licensed therapist with the Olmsted County DBT Program. If you have a current therapist, we do require you to stop seeing the therapist while you are in the DBT Program. Most clients who participate in our program find their current therapist is willing to work with them again, if needed, after they have completed the one-year DBT Program.

*Upon your commitment to DBT, you will participate in 3-4 orientation sessions with DBT therapists. Group rules, diagnosis information, bio-social theory, explanation of the modules, and how to fill out a diary card and behavior chain analysis, etc. will be explained.

*Attendance is essential if you want to change your life. In order to learn the skills, you **MUST SHOW UP!** Members will not be allowed to return to group after 4 missed sessions. This is also expected in weekly individual DBT therapy.

DO YOU STRUGGLE WITH...

Interpersonal Chaos – Conflict with others and relationships.

Labile Emotions – Up and down moods, extreme feelings of highs and lows.

Impulsivity – Act first, think later.

Confusion about self – Where do I fit in? I seem different than others, ruminating thoughts.

SKILLS WE TEACH TO HELP...

Interpersonal Effectiveness Skills – How to get your needs and objectives met, how to get or keep a good relationship, and how to keep your self-respect.

Emotion Regulation Skills – Skills to help you live with your emotions, to identify and understand them, reduce your vulnerability and emotional suffering.

Distress Tolerance Skills – Crisis survival skills to help get through a situation without making it worse. Think first, act later.

Core Mindfulness Skills – These skills help you learn to live in the moment, to balance emotions and logic the best you can to make wise choices.

*The goal of DBT is to
learn skills so you can
create a life worth
living.*