

# Our DBT Program

## DBT INCLUDES

- *Individual Sessions*
- *Between Session Phone Coaching*
- *Weekly Skills Group*
- *Family Meetings*
- *Coordinated Care Through Our Team Consultation*

## SKILLS GROUPS

- *Adolescent/Family*
- *Adult*

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CBA Co-Director,  
Internationally Recognized  
Teen/Family DBT Treatment  
Developer

Sometimes in life "you can't stop the waves but you can learn to surf."  
-John Kabat Zinn



## Why Learn DBT Skills?

Because you or a family member may:

- ◆ Have intense emotions that are overwhelming or last too long
- ◆ Be sensitive to emotional triggers
- ◆ Struggle with communication & have problems in relationships
- ◆ Be vulnerable to being in "emotion mind" & act impulsively
- ◆ Experience immense stress from family conflict & worry

## DBT Skills Taught in Group

- ◆ **Distress Tolerance:** How to hang in there when upset, worried, or angry and, at the very least, how to not make the situation worse!
- ◆ **Emotion Regulation:** Long term strategies for decreasing your vulnerability to emotional ups & downs. Strategies for increasing positive feelings and reducing unwanted emotions.
- ◆ **Interpersonal Effectiveness:** How to communicate more effectively with friends & family & how to increase likelihood you will get what you want.
- ◆ **Middle Path:** Improve negotiation skills and decrease family conflict.
- ◆ **Mindfulness:** Improve your focus, concentration and awareness to enhance coping, make better decisions & enjoy things more.



## What Happens in Individual Sessions?

Clients & therapists work together to figure out what is working well & what is causing the most problems & track these on a weekly checklist. Sessions focus on:

- Decreasing any self-destructive & impulsive behaviors
- Decreasing therapy-interfering behavior
- Increasing clients' & families' quality of life
- Increasing effective strategies for managing emotions, behaviors & relationships