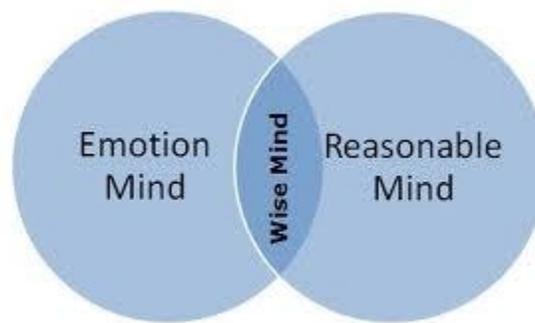


What is Dialectical Behavioral Therapy?

Dialectical Behavioral Therapy is about establishing a balance between acceptance and change. Although initially developed for individuals diagnosed with Borderline Personality Disorder, DBT has been proven successful with decreasing the frequency and severity of self-destructive and high-risk behaviors, increasing motivation to change by providing positive reinforcement, and significant and long-lasting periods of symptom remission.

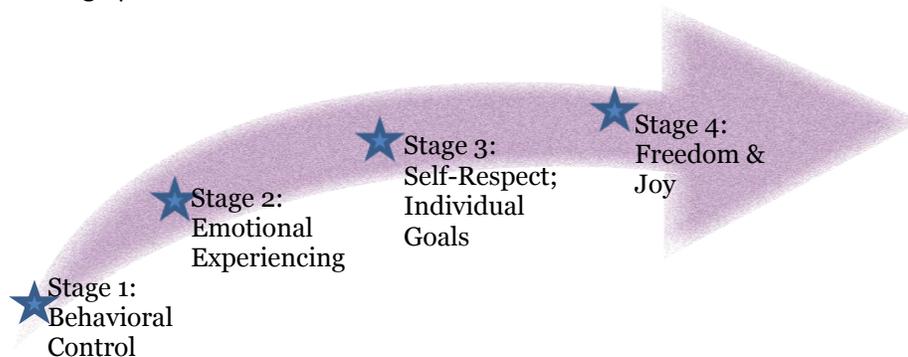
Many self-destructive and impulsive behaviors are due to a lack of balance. One of the major goals of DBT is to assist clients with merging the reasonable mind and the emotional mind in order to achieve the **wise mind**.



Individual Therapy

The overall goal of DBT is to get “a life worth living.” All clients are challenged to identify ultimate life goals, which are then broken down into smaller, attainable and measurable goals. These goals are accomplished by following the four stages of DBT. Tools such as the diary card and chain analysis are used during therapy to monitor maladaptive behaviors, resulting in **individualized treatment for each client**.

What makes this therapy unique is that each client has access to their therapist outside of therapy sessions through phone consultations.



The Importance of Skills Group

Skills training groups is held in a classroom setting where each client learns new skills, puts them into practice, and is assigned homework. Groups are held every Thursday at 4pm and each cycle lasts for six weeks. Clients are often encouraged to go beyond the initial six weeks. Skills are based on four modules:

- Mindfulness
- Distress tolerance
- Interpersonal effectiveness
- Emotion regulation

Family involvement is important for treatment effectiveness through providing crucial support in reinforcing skills at home and encouraging their loved one to continue with treatment. (This may also mean bringing the client to appointments regularly and on-time.)

Is this a full DBT program?

Both the individual and skills group will be provided by licensed and trained DBT therapists, but it is not a comprehensive Dialectical Behavioral Therapy program that typically lasts up to 9 months. Integrated Outpatient Services has developed an intensive six-week DBT-informed program to meet the needs of our high-risk youth. After the six-week period, the youth is then clinically re-evaluated for an additional six-week cycle. In our program, treatment goals and therapy effectiveness are regularly assessed with each individual, and we encourage regular dialogue with the youth and the family as the treatment progresses.