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YOU CAN BENEFIT FROM DIALECTICAL BEHAVIOR THERAPY *[DBT]*

WHEN DOES YOUR CLIENT NEED OUR DBT PROGRAM?

- When life feels too challenging to cope with.*
- When other therapies have not succeeded.*
- When client feels emotions & dysregulation take control of behavior.*
- When client needs to reduce suicidal ideation and self-harming behavior.*
- When client needs to cut down on emergency room visits and hospitalizations.*
- When client needs to increase coping skills and quality of life.*

DBT is 6-12 month, evidence-based help using well-proven techniques to make positive progress for people age 15 and up, people with frequent, severe emotional problems, such as:

- trouble regulating emotions
- trouble tolerating distress in life
- severe personality problems
- suicidal thoughts and behaviors
- self harming behaviors
- substance abuse
- adolescents emotionally-driven behavior problems
- chronic relationship problems, often due to rages and instant emotional outbursts
- post-traumatic stress

"I used to get angry, and go from zero to 100 in a split second. They helped me learn to manage my feelings and to listen and how to calm myself."

"DBT taught me how to cope better. When I started, I often felt so alone. That made me want to die. Not anymore. I want to be happy and I think I can do it."

WHEN DO GROUPS MEET?

- **Adolescent Skills Group – Tuesdays at 4:00
- **Adolescent Parent Group – Thursdays 4:00 [online]
- **Substance Abuse Group – Thursdays 4:00
- **Mental Health Skills Group – Wednesdays 12:00

HOW CAN I REFER?

DBT may be the next step for your patient or a continuation of work done in a hospital setting. To get started, just call 414-540-2170 and say you want to be connected with our Referral Department. There, you will be asked for the demographic and clinical information we need in order to make an appointment for the next level of care. The psychotherapist who meets with the client, usually within HEDIS time lines, will conduct a diagnostic interview and determine the best care plan for the outpatient phase of treatment. If DBT is recommended, the client will talk to one of our group leaders about when to start the program.

For more extensive information: <https://www.shorehavenbhi.com/pub/DBT/index.html>