



DIALECTICAL BEHAVIOR THERAPY [DBT]

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WHEN YOU OR YOUR CLIENT CAN BENEFIT FROM DBT

When client or you has one or more of these problems:

1. *Borderline Personality Disorder or severe personality problems*
2. *Frequent suicidal thoughts and/or behaviors*
3. *Self-harming behavior*
4. *Long-standing substance abuser problems and ready to change*
5. *Easily triggered emotional dysregulation and controlled by negative emotions*
6. *Intolerance of distressing situations and emotions*
7. *Life feels too challenging to cope with or to bear*
8. *Chronic relationship problems due to rages, instant emotional outbursts, highly insecure attachment*
9. *Client was to change his or her life*
10. *Other therapies have not succeeded*
11. *Client has begun DBT during an inpatient hospitalization, IOP, or PHP program*



"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."

DIALECTICAL BEHAVIOR THERAPY AND ITS BENEFITS

- ✓ DBT is evidence-based help to make positive progress for people age 15 and up, people with frequent, severe emotional problems.
- ✓ DBT has been shown to be effective in a number of randomized controlled trials when compared to non-treatment control groups and some other treatments.
- ✓ DBT is based upon the BIOSOCIAL THEORY that **a vulnerable child's needs to learn emotional control, self-efficacy, and social skills were met with an INVALIDATING family environment.** That invalidation left the client with a deficiency in skills for ...
 - interpersonal effectiveness in meeting needs and developing healthy social networks
 - skills to choose and maintain healthy relationships
 - emotional self-control and regulation
 - tolerance and acceptance for life's ups and downs and distresses
 - self-efficacy
 - emotional maturity
 - eliminating substance abuse
 - adolescent emotional maturation
 - executive skills that are not over-run by emotions
- ✓ DBT works by teaching skills that the client did not learn in order to cope with the ups and downs of life, thereby helping the client to be more stable in daily life.
- ✓ DBT may help when the client has tried everything and needs a therapy that to reach the ultimate goal of DBT, namely, *to forge a life worth living.*

Marsha Linehan, Ph.D., developed Dialectical Behavior Therapy (DBT) in the 1980s-1990s at the University of Washington, and now over three decades of research and hundreds of studies have validated DBT.

The research shows that **DBT helps to achieve goals you want clients to accomplish:**

- *reducing suicide attempts*
- *reducing self-harm*
- *reducing visits to emergency departments*
- *lessening psychiatric hospital time*
- *increasing coping skills! improving quality of life*

"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."

It is a 6-12 month treatment program. Groups run one hour and 45 mins

DBT IS A COMPREHENSIVE PROGRAM

DBT is a comprehensive program to develop dozens of skills clients need to lead a more emotionally effective life. It combines some of the therapies that have the best outcomes:

- ★ *cognitive behavioral techniques* such as examining and challenging problematic thoughts and behaviors,
- ★ *mindfulness*, a concept that places emphasis on noticing and experiencing the present rather than being lost in past hurts and disappointments
- ★ *coping and social skills training to manage distress*

SKILLS GROUP

Weekly group meetings to work on four major skill modules. Each group starts with a mindfulness skill, then reviewing skills homework, then teaching a new skill.

INDIVIDUAL DBT THERAPY

To apply the DBT skills in your daily life, manage crises, work on adjustment in daily life.

Four Elements of a DBT Program

COACHING CALL

Short weekly call to review how you are using DBT skills and, in a crisis, to help you apply skills to those challenges.

DBT TEAM MEETING

The therapists meet together weekly to consult on the best ways to help, and help one another provide the most effective care.

1. Weekly DBT **skills group** will teach clients to help manage painful thoughts and emotions, develop the ability to tolerate distress, and to assist in building a life that he or she can experience to have value.
2. Weekly DBT **individual therapy** strengthens those skills and helps work through crises.
3. Another element in DBT is **coaching calls** between sessions to help reinforce skills to manage when life's difficulties cause a breakdown. Those check-in calls help remind clients to face life in a new way and change emotional habits and patterns.
4. The **DBT Team meets weekly** to master DBT by applying the skills personally.

The DBT Program provides a structured therapy to work towards mastery of four essential life skills:

- I. **Mindfulness** - be aware in the present, not getting caught up in fleeting distresses, to control attention, to control thinking rather than have feelings dominate
- II. **Interpersonal Effectiveness** - relationships that can last, to feel secure in relationships that matter to the client
- III. **Emotion Regulation** - managing anger, sadness, shame, guilt, and aloneness, and decreasing those intensely unpleasant feelings
- IV. **Distress Tolerance** - stopping impulsive behavior, self-harm, suicidal thinking, substance use

MINDFULNESS

Awareness of the present moment, with acceptance, without judgment of experience, without getting caught up in a negative place

EMOTIONAL REGULATION

Lowering vulnerability to emotions, changing unwanted emotions

The Four DBT Skill Modules**DISTRESS TOLERANCE**

Managing and coping with events, accepting reality as it is without unmanageable emotions

INTERPERSONAL EFFECTIVENESS

Meeting goals for relationships, self-respect and good boundaries in relationships

OUR VISION FOR DIALECTICAL BEHAVIOR THERAPY

We at Shorehaven offer evidence-informed care. Dialectical Behavioral Therapy is such an approach. DBT is designed to help a variety of clients who experience difficult problems, particularly suicidality, borderline personality, substance abuse, and severe adolescent problems. One of the commonalities among these problems is emotional dysregulation.

So, DBT helps clients to take control of life and to thrive.

We want to make this level of care more accessible in our community.

Our program follows the researched protocol for DBT.

We offer programming for adults with mental health disorders, adults with substance abuse problems, and adolescence

HOW CAN I ENROLL A CLIENT IN DBT?

To get started, just give the information to our Referral Department. Or you can give the information to a member of our DBT Team. You will be asked for the information we need in order to assess whether DBT may most helpful. If DBT is recommended, we will have one of our group leaders talk with you and set up a meeting with the client about when you may start the program. Since DBT Skills Groups work on units of skills over a few weeks each, we start new members frequently.

"Sometimes, I got upset so easily, but I felt dead inside, then I cut my forearm, like seeing the blood made me feel alive. I don't need to do that anymore. I feel so much more present and can cope with whatever comes up, and now I reach out to my friends."

WHO PAYS FOR DBT?

Like all psychotherapy, DBT is covered under the mental health benefits of most insurance plans. Badgercare/Medicaid covers DBT with a minimal copayment for adults, under \$50 a year, and no copayment for adolescents. Insurance through work covers DBT, but there may be deductibles and copayments; we will check with the plan. For those who choose to pay directly, we have a sliding fee scale.

WHERE IS DBT LOCATED?

DBT skills group meets in the conference room at 3900 W. Brown Deer Road, second floor.

Individual therapy is either at Brown Deer or our Greenfield office at 4370 S. 76th or by telehealth.

FOR INFORMATION CONTACT

Phone: 414-540-2170
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"I'm not crying all the time. I don't want to cut. I haven't for a long time. I feel that before I wanted to die all the time. Now, I'm going to go on. My life isn't that good. I'm happy to read and watch TV. I've never been a happy person, but I am content. Contentment does a lot. I'm not as anxious as I was, extremely anxious and stressed out. I'm not as stressed out anymore."

