

## Dialectical Behavior Therapy (DBT) Family/Adolescent Program

Dialectical Behavior Therapy (DBT) is an evidence-based treatment created by Dr. Marsha Linehan. Our DBT Family program is designed for children and parents who struggle to regulate their emotions or behaviors effectively. Families participate in DBT when traditional psychotherapy, day treatment or hospitalizations have not been effective. Our DBT Family program can also help parents and their children better see one another's differing viewpoints, which can strengthen their relationships.

### Program Details

DBT is designed as an intensive outpatient program that aims to help decrease unhealthy behavior and increase skillful behavior.

#### Who is eligible?

- ▶ Teens ages 12-18 accompanied by at least 1 parent or parental figure
- ▶ Teens struggling with suicidal thoughts, severe emotional dysregulation, or self-harm behavior
- ▶ Most health insurance plans, including Medical Assistance and pre-paid MA plans cover DBT services

#### What can I expect?

- ▶ Weekly individual therapy sessions
- ▶ 20 week commitment to the program
- ▶ DBT therapists consultation team
- ▶ Access to phone coaching
- ▶ Weekly skills training group
- ▶ Weekly homework assignments to help practice skills

#### What DBT modules are taught?

- ▶ Mindfulness – learning skills to help us experience our current environment, sensations, feelings, and thoughts in a non-judgmental way
- ▶ Interpersonal Effectiveness – learning skills to help reduce painful and chaotic relationships
- ▶ Emotion Regulation – learning skills to help understand and regulate emotions
- ▶ Distress Tolerance – learning skills to help survive crises, as well as deal with pain in a more effective way

#### All DBT groups offered at Nystrom & Associates:

- ▶ Adult Skills Group
- ▶ Adolescent/Family Skills Group
- ▶ Child/Family Skills Group
- ▶ Couples Skills Group
- ▶ DD/TBI Skills Group
- ▶ Graduate Skills Group