What is DBT?

Dialectical Behavior Therapy (DBT) is a form of treatment for certain disorders related to emotion regulation. Originally developed for suicidal individuals, DBT has evolved into an evidence based treatment for a range of emotional and behavioral problems.

**DBT helps people build a life worth living by**

- Developing a clearer sense of self;
- Learning healthy management of emotions;
- Encouraging acceptance of the highs and lows of life, without impulsive action;
- Creates, improves, or maintains healthy, stable relationships.
Adolescent Dialectical Behavior Therapy

The DBT team at PR incorporates

**Individual DBT Therapy**
Individual DBT therapy focuses on increasing motivation and for building a life worth living, by helping people use alternative skills.

**Multi-Family Skills Training Group**
Group skills training uses an educational approach to reduce impulsive behaviors, balance emotions, create assertiveness and assists in maintaining or creating healthy relationships.

**Phone Coaching**
Phone coaching assists participants with implementation of DBT skills in crisis situations. Phone coaching is provided to individuals working with an individual therapist at PR.

**Consultation**
Clinical consultation for DBT therapists is an essential part of the program to ensure effective treatment that is consistence with the principals of the model.

Our DBT program serves high-school aged individuals with a history of:

- Emotional instability
- Intense, unstable relationships
- Impulsive behaviors including suicidal and self-injurious behavior

Or clients those diagnosed with:

- Borderline Personality Disorder
- Depression
- Anxiety
- Eating concerns
- History of trauma

The Adolescent DBT Team

All therapists practicing DBT at Psych Recovery, Inc. have completed DBT training and are experienced as skills trainers and DBT therapists.

The DBT practitioners adhere to strategies of cognitive behavioral therapy, validation and dialectics, as well as teach the skills associated with DBT.

Program Admission

The first step in entering the DBT program is to attend an intake appointment. To schedule a DBT intake, or for more information, please contact Psych Recovery, Inc.

**Psych Recovery, Inc.**
Court International Building
2550 University Avenue West
Suite 229N
St. Paul, MN 55114

Phone: (651) 645–3115