

Build a life worth living....

What is DBT?

Dialectical Behavior Therapy (DBT) is a form of treatment for those that struggle with 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.

PSYCH RECOVERY, INC.
COURT INTERNATIONAL BUILDING
2550 UNIVERSITY AVENUE WEST
SUITE 229N
SAINT PAUL, MN 55114
651-645-3115

PSYCH RECOVERY, INC. DIALECTICAL BEHAVIOR THERAPY

2550 UNIVERSITY AVENUE
WEST
SUITE 229N
ST. PAUL, MN 55114
651-645-3115

WWW.PSYCHRECOVERYINC.COM





DIALECTICAL BEHAVIOR THERAPY

DBT Practitioners

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.

DBT Admissions

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.
Court International Building
2550 University Avenue West
Suite 229N
St. Paul, MN 55114
Phone: (651) 645-3115

Our DBT program serves adults over 18 years of age 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 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.

Group Skills Training

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. It helps ensure DBT therapists provide effective treatment that is consistent with the principals of the DBT model.