

Frequently asked questions (FAQ's)

1. How long is the program?
 - It is one year of individual therapy, skills group, and coaching calls.
2. How often do we meet?
 - Individual therapy -weekly
 - Skills group- weekly. Each of the three units is 8 weeks long and they are cycled through twice for a total of 48 weeks for the treatment.
 - Coaching calls are available to your individual therapist 24 hours a day throughout treatment
3. Can I see my regular individual therapist as well?
 - No, the DBT therapist will exclusively provide DBT during the duration of the program.
4. Do I have to do the whole program?
 - Yes. Success is dependent on full participation in all aspects of the program.
5. How to I find out more and what is the referral process?
 - Please see inside of brochure

DBT Team

- **Renee Lips-Bush, LISCW, LADC**
Team Leader
Individual Therapist/Skills Trainer
 - **Dave Moll, MS, LP**
Individual therapist/Skills Trainer
 - **Stephanie Wanous, MA**
Individual therapist/Skills trainer
 - **Bobbi Mathem, MS, LMFT**
Individual therapist/Skills Trainer
 - **Katie Adams, BS**
Skills Trainer
 - **Sam Skokan, BA**
Skills Trainer
 - **Deanna Ripka, LGSW**
Skills Trainer
 - **Jenny Bretl, LSW**
Skills Trainer

when you reduce life
to black and white,



you never see rainbows.

shining

— Rachel Houston

Create a Life Worth Living

Dialectical Behavior Therapy



South Central Human Relations Center
610 Florence Avenue
Owatonna, MN 55060

DBT Intake Line
Phone: (507) 214-3400

SOUTH CENTRAL  **HUMAN RELATIONS CENTER**
Providing Direction for Life's Problems Since 1964



South Central Human Relations Center Dialectical Behavior Therapy (DBT)

Overview

DBT is an intensive, out-patient program that is certified through Minnesota Department of Human Services. It is designed to help people rebuild their lives. It has been developed under the direction and supervision of Behavioral Tech. whose founder is Marsha Linehan, PH.D.

This therapy program is an evidence-based practice. It is for people with complex, difficult to treat behavioral health problems. It is in part based on the assumption that people are doing the best they can with what they have and want a life worth living. DBT has provided hope for those suffering from issues related to 1) Intense, out of control emotions 2) Impulsive, self-destructive behaviors, 3) Unstable relationships. Among the common diagnoses for DBT client are: Borderline Personality Disorder, Post Traumatic Stress Disorder, Major



Program Components

DBT is a one year program that includes the following components:

- **Skills Training:** The educational component that focuses on teaching specific skills to address interpersonal problems, unmanageable emotions, and cope with crisis. Each unit is listed below:
- **Interpersonal Effectiveness:** The ability to meet our needs



and self-respect while preserving or enhancing relationships.

- **Distress Tolerance:** The ability to handle crisis situations that we cannot change.
- **Emotion Regulation:** Involves experiencing emotions in healthy ways.
- **Mindfulness:** The cornerstone of DBT that enhances control and clarity to life. It slows life down and allows for “living in the moment”.

Program Components (cont.)

- **Individual Therapy:** This is the vehicle that drives the treatment. This is structured, directive, and problem focused. In essence, the therapist serves as a guide to applying the skills learned in skills training toward the clients goals. Special attention is paid to promote commitment to DBT. Sessions are held weekly.
- **Coaching Calls:** Access to the individual therapist is available 24 hours a day. Brief instruction on putting into practice DBT skills to avert or effectively deal with a crisis is the goal.
- **Team consultation:** Weekly meetings among DBT providers for support in the practice

