

DBT Team

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Skills Trainer

All members of the DBT Team complete a comprehensive and rigorous training. This includes online or in person training specific to DBT, multiple readings, and completion of homework assignments to establish competency in the practice of DBT.

What the Skills Class Entails:

- 24 weeks of skills class.
- Parent or guardian involvement (*A parent/guardian is required to participate in the DBT skills class along with the adolescent to ensure that the skills will be used and reinforced outside the class setting*).
- Weekly individual therapy sessions for the adolescent with a therapist trained in DBT. (*All other individual therapy will be discontinued for the duration of the class.*)
- Weekly completion of DBT diary cards.
- Weekly practice activities.

**CREATE
A LIFE
WORTH
LIVING**

Adolescent Dialectical Behavior Therapy

Contact:
DBT Intake Line
South Central Human Relations Center
507.214.3400

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



Your Teenager...

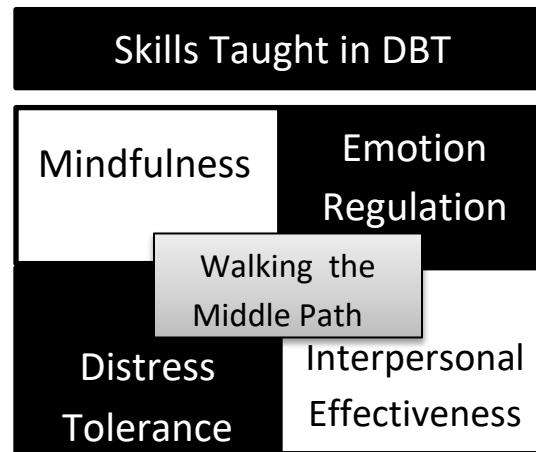
- Engages in self-injurious behavior
- Makes suicidal threats
- Multiple hospitalizations
- Displays risky behavior
- Acts impulsively
- Shows rebellion and questions social rules
- Seeks attention through drama and manipulation
- Withdraws socially
- Lacks connection to friends
- Is failing in school or is frequently truant
- Runs away or threatens to run away
- Has extreme mood swings
- Displays inappropriate or intense anger or aggression
- Has an intense fear of abandonment
- Feels empty inside
- Emotionally shuts down or spaces out when stressed

If this sounds like your adolescent, they may be a good candidate for DBT.

What is DBT?

DBT is an effective therapy that teaches more appropriate and useful coping skills to individuals so that they can better manage their emotions, relationships with others, and gain a better sense of self.

Old coping skills, which are no longer useful, will be replaced.



MINDFULNESS: Being okay with the “Here and Now.”

EMOTION REGULATION: “Getting a Grip” on handling strong emotions.

DISTRESS TOLERANCE: Being able to “Ride the Wave” in order to cope with discomfort.

INTERPERSONAL EFFECTIVENESS: Learning to “RESPECT” yourself and others, and maintain healthy relationships.

WALKING THE MIDDLE PATH: “Both – And”, not “Either – Or”.

