

What DBT Entails:

- 24 weeks of skills class.
- Parent or guardian involvement is required to participate in the DBT skills class. This ensures the skills will be used and reinforced outside the class setting.
- Weekly individual therapy sessions for the adolescent with DBT trained therapist. All other individual therapy will be discontinued for the duration of DBT.
- Weekly completion of DBT diary cards.
- Weekly practice activities.
- Family sessions with individual DBT therapist as needed.

Contact Us

610 Florence Ave
Owatonna, MN 55060
www.schrc.com

DBT Intake Line: 507.214.3400
Main Office: 507.451.2630
Fax: 507.455.8133

To refer an adolescent, go online to our website at www.schrc.com, click on forms, and under the DBT heading, fill out the DBT - Adolescent Referral form. A staff member will reach out once the referral has been reviewed. Note, referrals are reviewed once per week.

If you have further questions, call the DBT Intake number above.



Providing Direction for Life's Problems Since 1964

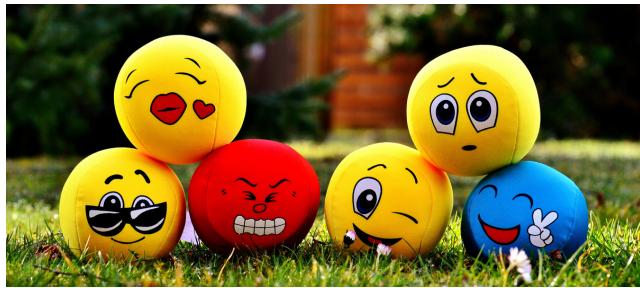
Adolescent Dialectical Behavior Therapy

**Certified by DBT-Linehan
Board of Certification**



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.



DBT Team

The DBT Team at SCHRC is a group of mental health professionals and practitioners. 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.

Core Skills of DBT

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".

"...Mindfulness is one of those things you simply do, because if you practice being aware – completely open to the universe, just exactly as it is – you will transform your life in time."

-Marsha M. Linehan

DBT can help with teenagers who...

- Make suicidal threats
- Engage in self-injurious behavior
- Have had multiple hospitalizations
- Display risky behavior
- Act impulsively, rebellious, and/or question social rules
- Seek attention through drama
- Withdraw socially
- Lack connection to friends
- Are failing in school and/or is frequently truant
- Run away and/or threaten to run away
- Have extreme mood swings
- Display inappropriate or intense anger or aggression
- Have an intense fear of abandonment
- Feel empty inside
- Emotionally shut down or space out when stressed