

FAQ's

How long is the program?

It is one year of individual therapy, skills class, and coaching calls.

How often do we meet?

Weekly Individual Therapy and Skills Class. Coaching Calls to your individual therapist 24 hours a day throughout treatment.

Can I see my regular individual therapist as well?

No, the DBT therapist will exclusively provide DBT during the duration of the program.

Do I have to do the whole program?

Yes, success is dependent on full participation in all aspects of the program.

What training do DBT Team members have?

All members 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.

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 adult, including yourself, go online to our website at www.schrc.com, click on forms, and under the DBT heading, fill out the DBT - Adult 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, contact the DBT Intake number above.

SOUTH  CENTRAL
HUMAN RELATIONS CENTER

Providing Direction for Life's Problems Since 1964

Dialectical Behavior Therapy

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



Overview

DBT is an evidenced-based, intensive, outpatient program designed to help people learn how to live in the moment, develop healthy ways to cope with distress, regulate their emotions, and improve relationships with others.

Originally, developed to treat chronically suicidal individuals diagnosed with Borderline Personality Disorder, DBT has been found effective in treating a range of disorders such as Borderline Personality Disorder, substance dependence, depression, post-traumatic stress disorder, and eating disorders.

“It is hard to be happy without a life worth living. This is a fundamental tenet of DBT. Of course, all lives are worth living in reality. No life is not worth living. But what is important is that you experience your life as worth living—one that is satisfying, and one that brings happiness.”

-Marsha Linehan

Components of DBT

Skills Training: Weekly 2.5 hour educational component which focuses on teaching specific skills in 4 areas:

- *Mindfulness : How to be fully aware & present in the current moment.
- *Interpersonal Effectiveness: How to ask for what you want, say no, & main self-respect and relationships with others.
- *Distress Tolerance: How to tolerate pain in difficult situations, not change it.
- *Emotion Regulation: How to decrease vulnerability to painful emotions & change emotions you want to change.

Individual Psychotherapy: Weekly 1 hour therapy sessions focused on enhancing motivation & helping you apply the skills to specific challenges and events in your life.

Phone Coaching: In-the-moment support from your therapist. The goal is to coach you on how to use DBT skills to cope with difficult situations that arise in everyday life.

Consultation Team for DBT

Providers: Helps therapists maintain fidelity to treatment, develop, & increase their skills.

