



## Dialectical Behavior Therapy for Adults

### Individual DBT Therapy

Enhancing client motivation to apply skills in everyday life.

Runs weekly in conjunction with Skills Training Group.

Reinforces skill use and helps increase positive quality-of-life behaviors.

Fridays

11 a.m. to 1 p.m.

### **Constant availability**

New members can enter during the first 4 weeks of each new module

### DBT Skills Training Group

Learn new behavioral skills to gain control of intense emotions, increase awareness of self and others, reduce unhelpful impulsive behavior.

Skills Training Group is run like a class, where group leaders teach skills and assign homework as a way for participants to apply skills in their everyday life.

The group meets on a weekly basis for 2 hours for a total of 48 weeks.

If you would like to send referrals, please contact our client services coordinator at (253) 460-7248. If you have any questions regarding the DBT Program, please contact Tamra Davis.

### Phone Coaching

Reinforce skill use in difficult life circumstances.

Increase the individual's ability to manage stressful situations on their own.

*Who would benefit from this group?*

Individuals who have difficulty with:

Intense emotions

Impulsivity

Self-harm

Being reactive in communication

Feeling worthless

Unhealthy relationships

Dialectical Behavior Therapy (DBT) is an evidenced-based treatment program created by Marsha Linehan for individuals with difficulty managing intense emotions. Individuals in the DBT program will participate in individual DBT therapy, Skills Training Group, and phone coaching.