

What is DBT-Informed Treatment?

DBT-informed therapy provides treatment through a dialectical lens. Therapists work with the primary dialectic of acceptance and change. The therapist assists the client in increasing their acceptance of the present situation and validation of their emotions. At the same time, the therapist assists the client in changing behavior towards more effective ways of navigating problems in life. DBT-informed therapists also examine the ways that a client's biological and social history impact emotion regulation and experiences of invalidation. Taking a dialectical stance, the therapist helps the client move away from all-or-nothing and extreme thinking and towards holding the both-and in situations.

Interventions in DBT-informed therapy include skills training (mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills), behavioral change and contingency management, exposure to emotions, cognitive modification, and problem solving. Therapists may enhance their work in sessions with the use of diary cards that clients use to track behaviors and behavioral chains to help clients better understand their actions. The therapist will also participate in a weekly consultation group to discuss DBT-informed cases and DBT treatment.

Who is an appropriate fit for DBT-informed work?

- Individuals who have difficulty regulating emotions, who struggle with interpersonal relationships, or who struggle with all-or-nothing types of thinking.
- Not currently at a high level of risk or more severe symptomology that requires more comprehensive DBT
- HX of self-harm or SI but no recent self-harm or active SI
- Family system (if the client is a minor) is able to help support client in co-regulating

How is DBT-informed therapy different from comprehensive DBT?

- The client does not have access to phone coaching
- The client is not required to participate in a weekly skills coaching group
- Family is not required to participate in parent coaching (if client is a minor)
- The client does not present with recurrent self-harm or suicidality that would necessitate participation in a comprehensive program to create more stability.
- Comprehensive DBT more appropriate for greater severity of symptoms and if client is presenting with multiple problem behaviors

Group offerings starting this summer (now accepting referrals)

- Teen Multifamily DBT Skills Group (for middle school and high school) \$180/week per family Mondays 5-6PM
- Young Adult DBT Skills Group (Ages 18-30)

Clients participating in the DBT skills group must be seeing an individual therapist who is responsible for client's treatment and monitoring of risk, as this is outside of the scope of the skills group.