

Dialectical Behavioral Therapy

DBT provides clients with new skills to manage painful emotions and decrease conflict in relationships. DBT specifically focuses on providing therapeutic skills in four key areas.

1. Mindfulness - focuses on improving an individual's ability to accept and be present in the current moment.
2. Distress tolerance - is geared toward increasing a person's tolerance of negative emotion, rather than trying to escape from the emotion.
3. Emotion regulation - covers strategies to manage and change intense emotions that are causing problems in a person's life.
4. Interpersonal effectiveness consists of techniques that allow a person to communicate with others in a way that is assertive, maintains self-respect, and strengthens relationships.

psychologytoday.com/

Core Principles of DBT

Dialectical Behavioral Therapy is based upon four core principles:

- * The primacy of the therapeutic relationship
- * A non-judgmental approach
- * Differentiating between effective and ineffective behaviors
- * Dialectical thinking



Green Lake Behavioral Health

Address: 571 County Road A
Green Lake WI 54941

Phone: 920-294-4070 or 800-664-3588

Fax: 920-294-4139

Email: glcdhhs@co.green-lake.wi.us

Rev 4/2020

DBT Group

Dialectal

Behavioral

Therapy

Green Lake County Behavioral Health



Phone Number:

920-294-4070 or 800-664-3588

Crisis Phone Number:

920-294-4000

Eligibility Criteria

- ◆ Established resident of Green Lake County
- ◆ Mental Health Diagnosis
- ◆ Must be 18 years old or older

Referral Process

Individuals seeking treatment can self-refer. Other referral sources may include but are not limited to:

- ◆ Treatment Providers
- ◆ CCS worker
- ◆ CSP
- ◆ Social worker
- ◆ Family member

Program Cost

The costs of the DBT Group will be billed to the participants Health Insurance. If no health insurance is available the participant will be charged \$30 per group or on a sliding fee scale based on the participants ability to pay.

DBT - Dialectal Behavioral Therapy

Dialectical Behavioral Therapy (DBT) is a therapeutic approach that encompasses the principles of Cognitive-Behavioral Therapy while placing an emphasis on validation and acceptance. DBT started in 1991, by Dr. Marsha Linehan. DBT has been extensively researched for individuals with a wide range of mental health conditions.

Goals and Benefits of the Group

- Learn ways to cope with a situation and/or solve problems
- Helpful to relieve symptoms of self harm, suicide, experiences of crisis, and intense emotions.
- Helps people to understand and manage overwhelming emotions and reduce emotional instability and/or impulsiveness.

Group Date and Time

DBT Group is an open-ended group meeting on:

Monday's

Time:

10:30 am - 12:00 pm

Location

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