

# INTENSIVE OUTPATIENT DIALECTICAL BEHAVIOR THERAPY (DBT)

\*DBT services are currently offered at our Milaca location only

**Dialectical Behavior Therapy (DBT)** is an evidence-based, structured therapy developed by Dr. Marsha Linehan. It helps individuals build a life worth living by learning to manage intense emotions, improve relationships, and cope with stress in healthy ways.

## **Intensive Outpatient DBT is designed for adults (18+) who may be experiencing:**

- Borderline Personality Disorder (BPD)
- Multiple mental health diagnosis
- Frequent mental health crises or hospitalizations
- Suicidal thoughts or behaviors
- Self-harming behaviors
- Difficulty managing intense emotions

## **Components of DBT**

**Individual Therapy** - Focuses on increasing motivation to build a life worth living by helping people use alternative skills. Individual therapy is provided once per week by trained DBT therapists.

**Skills Training Group** - Incorporates the following four skill modules:

- Core Mindfulness
- Emotion Regulation
- Distress Tolerance
- Interpersonal Effectiveness

**Phone Coaching**- Assists clients in implementing DBT skills into everyday life and crisis situations. Phone coaching is provided by the individual therapist 24 hours a day, 7 days a week.

**Therapist Consultation**- For DBT therapists is an essential part of the program by helping ensure DBT therapists provide effective treatment which adheres to the DBT model.

**Submit referrals to: [intake@fernbrook.org](mailto:intake@fernbrook.org) or (320)983-2335**

This is a MN Department of Human Services–certified Intensive Outpatient DBT Program. All DBT therapists are either intensively or foundationally trained in DBT.

A one-year commitment to the program is requested.