

# DBT Skills Group for Adults

MANKATO CLINIC | Meets Wednesdays from 10:00-11:30 am



*This mindfulness-based group for adults (18+) addresses depression, anxiety, and other mental health diagnoses. This group utilizes components of Dialectical Behavior Therapy (DBT).*

## More about the program

This outpatient-level mental health group provides focused, systematic, supportive treatment for a variety of mental health issues for adults who are seeking clinically proven and effective skills to manage mental health concerns. This group can supplement clients' current treatment or assist in transitioning from a higher level of treatment.

## What skills are taught in the program?

- **Mindfulness**—learning skills to help us experience our current environment, sensations, feelings, and thoughts in a non-judgmental way
- **Interpersonal effectiveness**—learning skills to help reduce painful and chaotic relationships
- **Emotion regulation**—learning skills to help understand and regulate emotions and impulses
- **Distress tolerance**—learning skills to help survive crises as well as tolerate and deal with pain in a more effective way

## Who is eligible for the program?

Our program is designed as an outpatient group for adults (ages 18+) who have:

- received a referral from their individual therapist, and participation in other therapy services have not been helpful
- struggled to regulate their behaviors and emotions effectively, causing impairment to their quality of life
- diagnoses that do not improve with outpatient therapy alone (*such as anxiety, depressive, or mood disorders, or trauma-related disorders*)
- a history of self-harm or suicidal behavior
- a need for follow-up care after inpatient treatment or other higher levels of care

Most health insurance plans, including Medicaid and Medicare, cover DBT services.



**Our DBT program includes:**

- Weekly 90-minute skills training group
- Weekly individual therapy sessions
- Consultation team of DBT therapists
- Commitment to a 26-week program

**Group location**

44 Good Counsel Drive  
Mankato, MN 56001

**Getting started**

Call us at 800.438.1772 to speak with a member of our intake staff.

**Program staff**

Each staff member at Christian Family Solutions has an extensive background in treating those with depression and anxiety issues and brings unique experience to the group setting.

**More about Dialectical Behavior Therapy (DBT)**

Dialectical Behavior Therapy (DBT) is an evidence-based treatment created by Dr. Marsha Linehan. DBT is designed for people to learn to manage their emotions and to know that it is possible to build a life worth living. We have adapted this treatment model and incorporate evidence-based practices into a program that best meets the needs of adults struggling with their mental health.

Our program is unique in that it integrates evidence-based counseling techniques with a Christian perspective to support clients both emotionally and spiritually.

***PLEASE NOTE: Program schedule is subject to change. Please contact us at 800.438.1772 for current information.***