DBT Skills Group for Adults

via telehealth

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 progressed
- 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 cover DBT services.

CHRISTIAN FAMILY SOLUTIONS
Counseling Care & Services

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 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.

Our DBT program includes:

- Weekly 60-90-minute skills training group
- Weekly individual therapy sessions
- Consultation team of DBT therapists
- Commitment to a 26-week program

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.

Getting started

This DBT Skills Group is currently offered via telehealth.

For more information or to schedule an appointment, call **800-438-1772** and speak with a member of our Intake Team. Please note: Program schedule is subject to change.

Telehealth

Telehealth participants will receive information for attending using a secure video connection.

CHRISTIAN FAMILY SOLUTIONS
Counseling Care & Services