

## About Our Therapists

Counseling services are provided by doctoral- and masters-level psychology and clinical social work students. All students are working under licensed professionals, either in psychology or social work.

All therapists participating in the DBT treatment have completed initial DBT training and participate in ongoing DBT training and education. The DBT therapists adhere to strategies of cognitive behavioral therapy, validation, and dialectics, which are the foundations of DBT.

## Center Hours

Monday through Friday

8:00 a.m. to 5:00 p.m.

Call to schedule an appointment  
(651) 962-4820

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For more information about the Interprofessional Center, visit [www.stthomas.edu/ipc](http://www.stthomas.edu/ipc)



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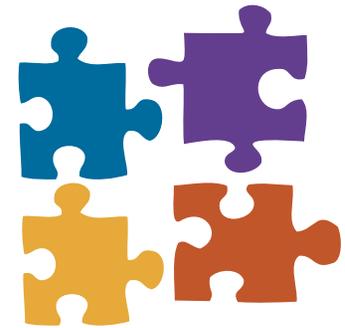
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- Graduate School of Professional Psychology
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UNIVERSITY of ST. THOMAS  
MINNESOTA

# Dialectical Behavior Therapy (DBT) Program

*Creating a life worth living*



UNIVERSITY OF ST. THOMAS  
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## What is Dialectical Behavior Therapy (DBT)?

DBT is a form of evidence-based treatment for severe and persistent emotional and behavioral difficulties.

DBT helps people create a life worth living through weekly skills training and therapy.

### Is DBT right for you?

Individuals who have found DBT helpful have experienced:

- Emotional vulnerability and reactivity that makes life seem like a rollercoaster
- An invalidating environment where others have not shown respect, attention, or understanding
- Intense, unstable relationships
- Behavioral, emotional, and thinking patterns that are causing difficulty
- Traumatic events as a child or adult
- Impulsive behaviors including suicidal and self-injurious behaviors
- Mental health diagnosis such as Borderline Personality Disorder (BPD), Post Traumatic Stress Disorder (PTSD), depression, anxiety, history of trauma, or other emotional and behavioral problems

Adults participate in a weekly therapy session and skills group.



### DBT Skills Group

This group teaches effective coping skills to clients in the areas of:

- **Mindfulness:** Being in the present moment to experience your environment, sensations, feelings, and thoughts in a nonjudgmental way
- **Interpersonal Effectiveness:** Learning how to respect yourself and others, communicate effectively, be a good listener, and get your needs met
- **Emotion Regulation:** Healthy management of a range of emotion by learning the logical purposes behind emotions and how they help us
- **Distress Tolerance:** Learning how to get through difficult moments without making it worse by thinking and acting in a healthy way that alleviates pain

### Weekly Individual Therapy

Clients must be engaged in individual DBT therapy. Sessions are scheduled for 50 minutes, once each week. The goal is to help reduce self-destructive behaviors, use skills learned in group, resolve past trauma, solve daily problems, and feel more complete.

### DBT Schedule

- Participation requires a one-year commitment.
- Group: Tuesdays 10 a.m.-noon
- Individual Therapy: Weekly for 50 minutes based on individual schedules

### DBT Admissions

The first step in entering the DBT program is to contact the Interprofessional Center for Counseling and Legal Services to schedule an in-take session. (651) 962-4820

### Fees:

Services are provided free of charge.