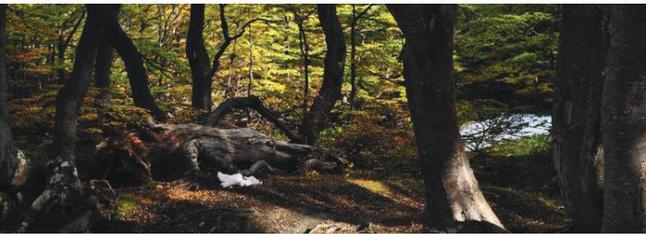


What is DBT?

Marsha Linehan, PhD. developed Dialectical Behavior Therapy (DBT) as an intensive outpatient treatment program designed for clients with a high risk of suicide, self-destructive and impulsive behaviors, chronic feelings of emptiness, high anxiety, severe depression, complex post-traumatic-stress syndrome, addictions, and eating disorders. DBT is a therapeutic approach that requires clients to use practical skills on a daily basis. As clients learn new behaviors over time, they have tools to manage intense emotions and cope when destructive urges arise. DBT is beneficial for any person who is struggling with destructive behaviors and relationships that get in the way of building a life worth living.



DBT Program Assessment Process

The therapists will meet with clients 3-4 times prior to enrollment into the program. Items covered include:

- ◇ Diagnostic Assessment
- ◇ Overview of the four DBT modules
- ◇ Explanation of DBT requirements and expectations
- ◇ Determination if DBT is the appropriate treatment
- ◇ Client commitment to one year of weekly individual and group skills training sessions

State Certified Program

Our state certified team follows a DBT training program that is tailored to meet the needs of each client. We focus on teaching DBT skills clearly and simply through our creative and interactive techniques. Clients learn dynamically in order to ensure their ability to translate the skills to successfully navigate challenges in their daily lives.

DBT (Dialectical Behavior Therapy)

is a scientific protocol proven to be effective in helping clients manage overwhelming emotions, control self-destructive behaviors, and improve interpersonal relationships.

Integrity COUNSELING 
Change Your Life Today
218-422-6131



Bridgit Pankonin, M.A., CCMHC, LPCC
Licensed Professional Clinical Counselor
Hours by appointment.
Insurance Accepted.



Alecsis Zimmer, M.S., LPC
Licensed Professional Counselor
Hours by appointment.
Insurance Accepted.



James Broton, M.S., LPC
Licensed Professional Counselor
Hours by appointment.
Insurance Accepted.



Integrity
COUNSELING 
Change Your Life Today

Dialectical Behavior Therapy (DBT)



155 2nd Street SW • Perham, MN 56573
218-422-6131

therapist@arvig.net • www.intcounseling.com

Helping Clients Identify, Understand, and Change Destructive Behavior

The 4 Elements of Dialectical Behavior Therapy

Skills Training Group

Our state-certified DBT team uses a dynamic and interactive approach to ensure DBT skills are clear and relevant to clients' daily struggles. Each group consists of 8-10 clients and is facilitated by two state certified therapists. Clients are required to attend a two and a half hour group session per week. The skills taught in the group are reinforced with homework assignments in the form of skills practiced and a daily skills log (Dairy Card).

DBT Individual Therapy

Individual sessions are utilized to develop client motivation and to help clients apply DBT skills in their unique daily challenges. These sessions meet for one hour each week. Individual therapy in DBT is both collaborative and supportive. Therapists help clients to recognize and develop their innate strengths while working toward therapeutic goals.

DBT Phone Coaching

The DBT phone coaching line is designed to assist clients with implementing DBT skills in times of crises. This is an after hours service that can connect them with their individual therapist.

DBT Therapist Consultation Team

Our state certified therapists are dedicated to providing our clients with compassionate and professional treatment. In order to hold each other accountable to this goal, we meet weekly to openly discuss new advances in DBT research, individual cases and group sessions. We share a deep passion and excitement for bettering the lives of our clients; consulting in this manner ensures that we maintain the highest level of professional motivation.

The Four Modules Taught in Skills Training and Reinforced in Individual Sessions

Mindfulness: Depression and anxiety often arise as clients relive the past, or anticipate the future. This DBT skill will help clients to live in the present and more fully experience their senses by grounding their awareness in the present moment.

Emotion Regulation: Emotion dysregulation is a large component of the struggles facing many of our clients. In this module, clients learn the skills to first identify their emotions, and then to reduce unwanted emotional intensity and reactivity. We also teach clients to respect their own emotions and those of others, as important signals for resolving issues and increasing personal motivation.

Interpersonal Effectiveness: Clients who have experienced past traumas often times have trouble standing up for their own needs in interpersonal relationships. In this module, we teach clients to ask for what they want or need, while also teaching the importance of saying "no" to unwanted requests in a way that supports their self-respect, and allows them to maintain positive relationships in their lives.

Distress Tolerance: Many clients often find themselves resorting to destructive behaviors when confronted with painful situations and intense emotions. This module focuses on providing clients with the skills necessary to moderate their distress, and to choose healthier behavioral patterns moving forward.

Remove Emotional Road Blocks

SUICIDALITY
SELF-DESTRUCTIVE URGES
IMPULSIVE BEHAVIORS
FEELINGS OF EMPTINESS
HIGH ANXIETY

SEVERE DEPRESSION
POST-TRAUMATIC STRESS
ADDICTIONS
EATING DISORDERS