

WHAT IS DBT

And How Can It Help?

DIALECTICAL BEHAVIOR THERAPY

DBT is an evidenced based counseling practice, which means that it works! DBT helps people replace ineffective ways of coping with healthier skill practices.

Comprehensive DBT is comprised of four modes:

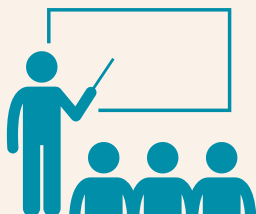


WEEKLY INDIVIDUAL SESSIONS

Therapy with a DBT therapist is different from just talk therapy. The focus is on analyzing and targeting behaviors to create meaningful change.

SKILLS TRAINING CLASSES

In addition to individual sessions, clients also attend weekly skills training groups that are formatted like a class. Clients are here to learn concrete practices to support them in building the life they want.



PHONE COACHING

DBT clients are able to outreach their therapist between sessions when they need help implementing or troubleshooting the work they are doing in therapy.

THERAPIST CONSULTATION TEAM

DBT therapists meet on a weekly basis to review cases and obtain support in ensuring DBT is being administered as it's prescribed in order to ensure success.



DBT OF
SOUTH JERSEY

Who Is DBT For?

DBT aims to help clients build a life worth living and loving. Anyone can benefit from principles of DBT, though the comprehensive model is designed for those struggling with the following:

Emotion Dysregulation

DBT treats behavioral problems that are a result of emotion dysregulation. This can look like impulsivity, constant crisis, anger outbursts and what feels like riding an emotional roller coaster for both teens and adults.

Self Destructive Behaviors

DBT has strong evidence in treating self harm, suicidal thinking, substance abuse and eating disorders.

Failed Treatment

DBT targets what interferes with therapy directly and has a goal to keep clients out of hospital settings in order to help them manage what's contributing to their symptoms directly.

Depressive Symptoms

Research shows that DBT maintains a reduction in treating severe depressive symptoms after a year of treatment, as well as improving overall quality of life for clients.

Skills Deficit

DBT is beneficial for anyone who needs healthy ways to cope in the areas of:

1. Distress Tolerance
2. Core Mindfulness
3. Interpersonal Effectiveness
4. Emotion Regulation



*Ready To Get Started?
So Are We.*



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