



What is DBT?

Dialectical Behavior Therapy (DBT) is the treatment of choice for individuals diagnosed with borderline personality disorder and those with suicidal behaviors including self-injury. This treatment is uniquely good as a treatment for individuals struggling with intense emotions, excessive relational conflict, extreme thinking, and/or destructive behaviors.

Expectations:

- Participants are expected to:
- Be motivated for change.
- Attend consistently and participate in group discussion.
- Be able to join via telehealth in a private, confidential setting.
- Complete readings and exercises outside of class each week.

Referral Process:

If you are already a client at the Pauquette Center, speak to your therapist about the group and about being referred.

If you are not a current Pauquette Center client, please complete the External Referral form on the Website. Once we have enough people referred, we will schedule you for a short screening to provide background information and determine if the group would be a good fit. If you are a good fit, you will be required to complete new client paperwork, and be scheduled for a session to complete an intake and a treatment plan.

Program Mission Statement

The Pauquette Center as a whole and our DBT program are committed to providing compassionate care to members of our Wisconsin communities. Our program assists clients in achieving a life worth living with a team of therapists that will stand side by side with each of them in their journey to find that life.

Adult Program

For individuals 18 years and older (18 year olds must be out of high school) includes two one hour groups per week and one hour of individual therapy with a DBT clinician. Clients also have access to phone coaching with their therapist between sessions and their therapist participates regularly in consultation with the other DBT providers on the team. In our comprehensive DBT program, all clients have a treatment team of competent and well-trained DBT providers to help them meet their goals. Group skills training teaches clients skills in areas of mindfulness, distress tolerance, interpersonal effectiveness and emotion regulation that they both learn and practice between sessions to help with use in everyday life. Phone coaching is available to help clients learn to apply skills in their real-life situations closer to the time that they're experiencing difficulty. The goal of DBT is to help clients move closer to their life's worth living goals by reducing the extremes and obstacles in living and increasing skillful and effective behaviors that enhance their lives.

Pauquette Center for Psychological Service has three groups for Adults
These groups are lead by



←Kim Crowell
MSW, LCSW



Whitney Nelson →
MSW, LCSW

Adult Group 1: Monday and Tuesday 2pm-3pm



←Renee Birkholz
MS, LPC-SAS



Sydney McDonald →
MSW, APSW

Adult Group 2: Wednesday and Friday 11am-12pm



←Emily Campbell
MS, LPC



Sandi Reinardy →
MSW, APSW

Adult Group 3: Wednesday and Thursday 8am-9am