

Dialectical Behavior Therapy

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.

Pauquette Center for Psychological Service
an Adolescent DBT Skills Group
This group are lead by

Renee Birkholz

MS, LPC-SAS

Adolescent Program

For individuals 13+, however, multifamily group participation serves individuals 15+ and younger adolescents will likely be served by individual providers rather than in multifamily group settings. Clients will participate in a once weekly 2 hour skills training group. Both the adolescent and a caregiver must be prepared to participate in all groups. Adolescents also meet with a DBT provider individually weekly for an hour, with intermittent family sessions provided as needed. Caregivers may have a coach who they meet with as well and may also be assigned their own individual therapist if needed. Adolescents and their caregivers also have access to skills coaching by phone between sessions and their providers participate in weekly consultation with other DBT providers in this program.

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.

Sydney McDonald

MSW, APSW