

Weekly Skills Groups:

- Learn essential DBT skills to manage emotions, tolerate distress, improve relationships, and increase mindfulness.
- Practice these skills in a supportive group setting with others who understand.

Individual Therapy:

- Receive personalized guidance and support from a dedicated DBT therapist.
- Explore Problems, develop coping strategies, and work towards your goals.

Phone Coaching:

- Access timely support and guidance from your therapist between sessions.
- Learn to apply skills in real-world situations and overcome challenges.

Team-Based Approach:

- Benefit from a collaborative team of DBT experts who work together to optimize your care.
- Receive consistent and coordinated support throughout your treatment journey.



**CONTACT
US!**



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**Pauquette
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**DBT
Comprehensive
Program**



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Adult Program

Our evidence-based Adult DBT program is designed to help individuals 18 and older (out of high school) navigate life's challenges. Through weekly group skills training and individual therapy sessions, you'll learn valuable tools to:

- Manage intense emotions
- Improve relationships
- Reduce impulsive self-destructive behaviors
- Increase mindfulness

With additional phone coaching, you'll receive ongoing support to apply these skills in real-world situations.

Adolescent Program

Our Adolescent DBT program is tailored to the unique needs of teens aged 15 and older. Through a combination of multifamily group therapy and individual sessions, adolescents and their caregivers will learn to:

- Strengthen family relationships
- Improve communication and problem-solving skills
- Develop healthy coping mechanisms
- Reduce emotional distress and impulsive behaviors

For younger adolescents, we'll assess their individual needs to determine the most appropriate treatment plan.

Expectations:

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



What is DBT?

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