



**PAUQUETTE
CENTER**
For Psychological Services

Comprehensive Dialectical Behavior Therapy (DBT) Program

What is DBT

Dialectical Behavior Therapy (DBT) is a comprehensive therapy program for individuals of all ages who experience:

- Emotional intensity or mood swings
- Impulsive or self-harming behaviors
- Chronic suicidality
- Relationship challenges
- Difficulty managing stress or distress
- Persistent feelings of emptiness

Comprehensive DBT Includes:

- 2 hours of weekly skills training in mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness
- 1 hour of individual therapy
- Access to coaching with individual therapist between sessions to help apply learned skills
- Team-based care for consistency and collaboration that maximizes client support and minimizes provider burnout

Why Choose Pauquette?

Many providers offer DBT skills training groups or DBT-Informed therapy, but Pauquette is one of few comprehensive programs in Wisconsin.

Our team delivers full-fidelity treatment including all components on which the evidence-base is built.

We are committed to providing inclusive, culturally responsive, and gender-affirming care and offer programs for adults, adolescents, and children.

Help Clients Build a Life
Worth Living.

Referral info on back.

CONTACT US:
<https://pauquette.com>
608-742-5518
info@pauquette.com



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We'd love to hear from you!

Learn More

If you have questions about our DBT program or the differences between a full-fidelity comprehensive program and DBT-informed care, please contact our DBT Team Lead:



Lesley Chapin, Psy. D, DBT-LBC

lchapin@pauquette.com

608-742-5518

Refer a Client

To refer a client to our Adult, Adolescent or DBT-C Parenting program visit our website:

<https://pauquette.com/mental-health-services/dbt-comprehensive-program/>



Scan me

Referral links at the bottom of the webpage.

Referral and Screening Process

Once you submit a referral, we will schedule a screening with the client. Clients who are appropriate for DBT will be assigned to the first available therapist for pre-treatment, which is used to ensure good fit with the therapist, build commitment for comprehensive treatment, and identify necessary support structures. We strongly recommend that clients continue with prior therapist until pre-treatment is complete.