

**DBT Group Therapy
Family Enrichment, LLC**

Dialectical Behavioral Therapy (DBT) is a form cognitive-behavior therapy (CBT) that Psychologist Marsha Linehan developed to assist people who have extreme difficulty managing their emotions, specifically those with self-injurious and suicidal behaviors. Since the time of development, DBT has been proven effective in numerous clinical studies for people with a variety of self-defeating behaviors. These destructive behaviors often prevent traditional forms of therapy from being effective. The utilization of DBT is to assist individuals in tolerating uncomfortable feelings and to learn positive coping skills so that self-defeating behaviors decrease or cease. Often DBT is associated with persons who have a diagnosis of Borderline Personality Disorder (BPD) but such a diagnosis is not necessary for DBT to be effective.

DBT has been designed to assist with painful emotions that are experienced as intolerable that may include:

- quickly shifting between different emotions and moods
- feeling controlled by your emotions
- intense self-hatred and shame
- prone to irritability and anger
- relationship difficulties
- intense fears of abandonment and sensitivity to criticism
- a profound sense of emptiness or emotional numbness
- self-defeating behaviors that are impulsive or destructive

Dr. Linehan's DBT manual will be utilized for the general outline of the group. Standard DBT offers weekly group skills training as well as individual therapy. The categories or subsets of the skills to be discussed are 1.) Mindfulness, 2.) Distress Tolerance, 3.) Emotional Regulation, and 4.) Interpersonal Effectiveness. According to the manual each subset should take approximately 8 weeks to complete, thus 32 weeks total for the curriculum. Dr. Linehan suggests that clients rotate through each section twice for maximum effectiveness. As this will be the first time Family Enrichment is offering DBT skills training and because our group will likely be smaller than the ones in Dr. Linehan's manual, it is unknown exactly how many weeks will be required to complete the curriculum. It will be required that clients continue with individual therapy if partaking in DBT group therapy. However, clients are not required to stay with the DBT groups in order to continue with individual counseling (unless previously discussed).

The charge for each group session is \$45. There is no charge for brief phone conversations, but lengthy or ongoing communications will be billed at a rate of \$50 per half hour. In addition, you will be billed for the entire amount if you miss a group session without prior notice. If, for any reason, your insurance company does not pay you will be responsible for payment for services.

Client signature

Signature of person responsible for payment