

DBT ASSUMPTIONS

- We believe clients are doing the best they can
- We believe clients want to improve
- We believe clients need to do better, try harder, and be more motivated to change
- We believe that clients may not have caused all of their problems, but they have to solve them anyway
- We understand that the lives of suicidal individuals are unbearable as they are currently being lived
- We believe clients must learn new behaviors in all contexts in order for change to be possible

FOR MORE INFORMATION

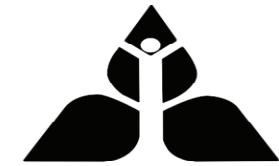
If you are someone who feels they could benefit from DBT treatment, please discuss with your current treatment provider at HAMHDS to be referred. If you or someone you know could benefit from such services and they are a resident of Henrico County, please call our intake office at 727-8515.



**HENRICO AREA
MENTAL HEALTH &
DEVELOPMENTAL SERVICES**

*SERVING THE COUNTIES
OF HENRICO, CHARLES CITY AND NEW KENT*

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DIALECTICAL BEHAVIOR THERAPY (DBT) PROGRAM

Helping adults build a life worth living...

DIALECTICAL BEHAVIOR THERAPY (DBT)

WHAT IS DBT?

Dialectical Behavior Therapy (DBT) assists individuals diagnosed with and/or experiencing some symptoms of Borderline Personality Disorder in learning and applying coping and problem solving skills to improve their overall quality of life. Coping with painful emotions, interacting with other people, and developing support of friends, families or helping professionals are some of the skills developed throughout DBT treatment.

WHO CAN RECEIVE DBT?

To qualify for DBT, an individual must meet one or more of the following:

- Meet diagnostic criteria for Borderline Personality Disorder
- Have history of suicidal behaviors
- Have history of therapy-interfering behaviors
- Have cognitive ability to learn skills
- Have commitment to change

DBT TREATMENT MODES

Treatment includes 1 hour of individual psychotherapy and 2-hours of DBT skills class weekly. Additional services include DBT telephone coaching, minimal case management, and emergency services.

COMMITMENT OF PARTICIPANTS

In addition to meeting the criteria to participate in the DBT program, an individual accepted into this program must be:

- Willing to work hard
- Committed to actively participate for one year
- Prepared to make difficult and healthy changes in their life.

Those accepted must also have:

- Transportation to and from program (and backup plan)
- Day care arrangements (and backup plan)
- Telephone (or 24-hour access to telephone)
- Willingness to obtain one support person

DBT TREATMENT GOALS

Once an individual enters the program, a treatment plan is developed with the therapist. The first stage of treatment involves achieving client stability, connection and safety resulting in:

- Decreased suicidal behaviors
- Decreased therapy interfering behaviors
- Decreased quality of life interfering behaviors
- Increased coping/ problem solving ability through use of core DBT skills:
 - mindfulness skills
 - interpersonal effectiveness skills
 - emotional regulation skills
 - distress tolerance skills
 - self-management

The second stage of the program focuses on exposure and emotionally processing the past with the goal of decreasing post-traumatic stress. The third and final stage of the program focuses on increasing respect for self and setting individual goals.