

WHAT

Dialectical Behavior Therapy

(DBT) encourages the client to view the therapist as ally rather than adversary and engages the client in ownership of their own treatment. DBT emphasizes the development of four skill sets: *Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness*. The DBT treatment program consists of the following services: weekly individual therapy sessions, family therapy sessions as needed, phone consultation sessions as needed, and weekly skills groups (focused on actions that facilitate changing one's thoughts through the use of specific coping techniques and psycho-education). Skills groups take place once a week, and it is suggested that participants attend 8-10 sessions. Research shows that success rates increase for those who participate in two rounds of skills groups (i.e. a total of 16-20 session).

WHO

DBT has been found to be especially effective in treating and reducing:

IS IT

- Bipolar personality symptoms
- Suicidal and self-harming behaviors
- Bipolar Disorder
- Psychiatric hospitalization
- Treatment dropout
- Substance abuse
- Anger
- Interpersonal difficulties

FOR?



WHY

The debilitating roller coaster of extreme emotions clients often experience can be effectively treated with DBT. The goal of DBT is to teach adolescents techniques to help them understand their emotions without judgment. It also equips clients with skills to manage those emotions and change behaviors in ways that will make their lives better. This therapy helps a client establish safety, build skills, process barriers to health, and finally engage in life enrichment.

IT WORKS

" Our ultimate goal is for healing and healthiness for families. "

WHERE?

LOTUS CLINICS AT KIDSTLC

401 S. Clairborne Road, Suite 302
Olathe, KS 66062

- **For referrals & more information:**
913.324.3658
- **KidsTLC Main Office:**
913.764.2887



Mental & Behavioral Health • Autism • Family Support

DIALECTICAL BEHAVIOR THERAPY