

The following adult therapy groups require an assessment with a Behavioral Health therapist prior to joining. Please call (952) 967-7992 to set up an initial assessment to help you determine the treatment plan that would best meet your needs.

Dialectical Behavior Therapy (DBT) - Women only

Program Description

The DBT group offers skills training based on the model developed by Marsha Linehan, Ph.D. DBT emphasizes the principles of mindfulness, acceptance, and non-judgmental stance. DBT group includes the following components: skills training to increase mindfulness, increase interpersonal effectiveness, reduce emotional distress, manage emotions adaptively, and increase overall functioning of the individual.

Persons Served

Dialectical Behavior Therapy program serves women who are 18 years of age and older:

- Who experience suicidal and/or parasuicidal urges and/or behaviors
- Who experience unstable and unsatisfying relationships
- Who engage in impulsive behaviors that are potentially self-damaging
- Who experience inadequate and unstable sense of self
- Who experience transient stress-related paranoid ideation or dissociative symptoms

The participants in DBT program meet the criteria for Borderline Personality Disorder or have features of BPD in addition to:

- Mood disorders
- Post-traumatic stress disorder
- Dissociative disorders
- Anxiety disorders

Treatment

Participants are required to maintain individual therapy and psychiatric services. The group therapist maintains a collaborative approach with the other service providers. An individual treatment plan is developed with each participant. The treatment plan is shared with the individual therapist and the individual therapist is encouraged to reinforce skills training in individual sessions. Treatment plan focuses on: prevent hospitalization, prevent self-harm behaviors and suicide gestures, increase distress tolerance, increase emotion regulation, increase interpersonal effectiveness, and increase mindfulness. Treatment plans are targeted to address each participant's problem areas.

Requirements and Expectations

Initial screening by the group therapist. Commitment to attend weekly sessions for 26 weeks. Group meets once every week for 90 minutes. Participants are required to provide group therapist with information regarding current medication, attending psychiatrist, and/or other providers.

Start Date and Time

DBT group will meet on Thursdays, beginning on March 19, 2009, from 1:00 - 2:30 pm.

Location

HealthPartners Regions Behavioral Health - Maplewood
2345 Ariel Street North
Maplewood, MN 55109 651-254-4793

Group Therapist

Sheba Fernandez, Psy.D., LP