

What is DBT?

Dialectical Behavioral Therapy is an evidence-based practice that consists of four distinct modes of treatment: individual therapy, skills coaching, skills group, and team consultation.





Full DBT requires the incorporation of all four modes of treatment described in this section; anything not meeting this standard is referred to as "DBT Informed".



Scan this code to learn more!



GROUP MEETINGS

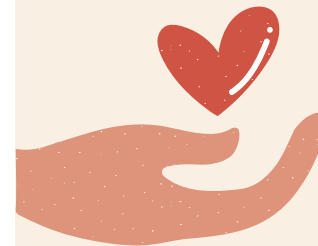
-  Us 2 Behavioral Health Care Clinic
119 N McCarthy Rd Ste P
Appleton, WI 54913
(920) 903-1060
-  Wednesdays 4:00-6:00 PM, or
Tuesdays/Thursdays 9:00-10:00AM
-  Bring paper and writing material
-  Cost is based on insurance and
ability to pay

 Us 2 Behavioral
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DIALECTICAL BEHAVIORAL THERAPY





Overview

Us 2 Behavioral Health Care offers a robust DBT program indicated to treat several diagnoses including:

- Personality disorders
- Self-harming & suicidal behavior
- Post traumatic stress disorder
- Substance use disorders
- Eating disorders
- Those who have not seen progress in other traditional therapy or medication modalities
- Chronic depression and anxiety

*Program eligibility is determined through clinical assessment and is based on appropriate diagnosis, client commitment and motivation, and other factors.

Program Structure

Individual Therapy: 1x/week for 26 weeks

Clients will meet weekly with their therapist, keeping a diary card to track moods, behaviors, urges, and skills they've utilized. Clients will learn how to apply DBT to daily life.

Have Access to Phone Coaching

DBT phone coaching is available and is intended to assist clients with implementing DBT skills before a crisis develops.

Skills Group: 1x/week for 20 weeks

Clients will learn how to utilize skills within the four core modules instead of turning to current behaviors that may be impacting them negatively.

Consultation Team

DBT therapists come together to review each case, offering encouragement, validation, and problem solving. This means each client has multiple therapists working on their case.



Four Core Modules:

Mindfulness

Emotional Regulation

Interpersonal Effectiveness

Distress Tolerance

