



WILLAMETTE
HEALTH &
WELLNESS

Dialectical Behavior Therapy

For Adolescents

ADOLESCENT DBT SKILLS GROUP

Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) was created in the early 1990's by Dr. Marsha Linehan as a treatment for individuals who were having difficulties with managing intense emotions and safety issues (like suicidal thoughts and self-injury). Over the years DBT has been proven to help clients stay safe, act less impulsively, and improve their emotions and relationships. Over the past two decades, DBT has been widely disseminated across clinical settings and to a variety of populations.

Dialectical Behavior Therapy is a **skills-based** approach that teaches four different sets of skills:

Mindfulness skills help us become aware of ourselves and the world. They help us recognize our patterns and triggers, teach us to make wise decisions, and focus our attention.

Distress Tolerance skills help us cope with difficult situations and emotions without turning to harmful behaviors. These are our "crisis survival skills."

Emotion Regulation skills teach us to become more aware of our emotions, create emotional balance, and build self-confidence.

Interpersonal Effectiveness skills teach us communication and relationship skills. They help us be assertive, set boundaries, maintain healthy relationships, and increase self-respect.

DBT @ Willamette Health & Wellness

Our Adolescent DBT skills group is aimed at treating **adolescents 14-18** who are struggling to manage intense emotions, safety issues (suicidal thoughts and self-injury), and impulsivity. Throughout the program clients will be an integral part of a group focusing on developing skills that help them become more mindful of their patterns and triggers, cope with distress in a healthier way, and improve their emotions and relationships.

- **Meets: Mondays and Thursdays from 4:30 – 6:30 pm.**
- **Begins early October and lasts approximately 6 months.**
- **Mandatory parent/guardian meeting on the first Thursday of every month to educate and support in skills development.**

NEXT STEPS: If you know an adolescent that could benefit from this program please call to schedule an intake session with the group facilitator, Michael Brill, LPC, DBTC. Intake appointments include the adolescent and their guardian(s) to ensure the program is a good fit for the adolescent's needs and provides detailed information about the group program prior to enrollment.

Willamette Health & Wellness

Intakes: (503) 729-1380 ext. 132

Michael Brill, LPC, DBTC is a preferred provider with MODA Health, Blue Cross Blue Shield of Oregon including Bridgespan plans and Individual Select plans, Aetna, Pacific Source, First Choice Health Network and Cascade EAP.