



WILLAMETTE
HEALTH &
WELLNESS

Dialectical Behavior Therapy

ADULT DBT SKILLS GROUP

Dialectical Behavior Therapy (DBT) is a **skills-based** approach that teaches four different sets of skills. Each 9-week session will focus on one of the below 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 to be assertive, set boundaries, maintain healthy relationships, and increase self-respect.

NEXT STEPS

If you are 18 years or older and think you could benefit from learning and integrating these skills, please contact us to set up an assessment at (503) 729-1380. The assessment will provide you with more information about the program and its structure, and ensure it is a good fit for your specific needs. If you are a current client at WHW, please ask your clinician to have our front desk contact you to set up an assessment appointment.

Do you have struggles with...

- Emotional ‘Roller-Coasters’ and mood swings?
- Doing things impulsively that you later regret?
- Interpersonal ‘drama’ or frequent relationship conflicts?
- Recognizing your own feelings and needs?
- Thinking clearly when under stress?
- Stress management skills?

Weekly Group times
Wednesday’s 11am-12pm

In 2020 we will be offering three 9-week groups. Each 9-week group will focus on one of the DBT skills (Distress Tolerance, Emotional Regulation, or Interpersonal Effectiveness). Mindfulness skills will be addressed in every session. These sessions can be taken individually and independently from each other.

FREQUENTLY ASKED QUESTIONS

Who should attend the group?

This is a skills based DBT group, it is intended as an augmentation to individual therapeutic work. Though it is preferred that attendees are in individual therapy during the skills training group it is not required. However, individual therapy or other interventions may be recommended at the assessment depending on clinical need during your assessment appointment.

What is the assessment for? Do I have to do an assessment?

The assessment appointment is an important first step to signing up for our DBT Skills Group. This assessment helps us collaboratively work with you to assess your needs and interest in the group, establish the core foundation for engaging in the group and provides a chance to meet with one of our trainers prior to the group. There is a potential that during this assessment other recommendations may be made which may or may not include the group. The assessment can be billed to your insurance and will last between 1/2hr-1hr.

Do you offer babysitting?

Child care is not available at this time.

Are there other fees?

Yes there is a fee for materials, this is a one-time fee of \$25. This fee is not covered by insurance.

Do I need to attend every class of the 9-week session?

The material that is presented each week builds on the information from previous classes. As such, while recognizing that situations may arise and that at times a participant may miss a class, we encourage you to attend as consistently as possible.

What will be covered in each 9-week session?

Each of the three 9-week sessions will have a different focus: Distress tolerance, Emotional Regulation and Interpersonal Effectiveness. All sessions will include Mindfulness skills.

Do I have to attend all 3 of the 9 week sessions? Can I sign up for some 9 week sessions and not others?

We ask you to attend as many classes during a 9-week group to ensure you benefit from the full content of that group. However, you can sign up for each of the focused 9-week groups separately and you do not need to attend them in order or attend any group as a prerequisite for attendance at another group. These groups can be attended independently of each other. **To attend any of the 4 groups you will need to first complete an assessment with the class instructor.**

Is there parking available?

There is parking available at the lot across from the building on the NE corner of NE 7th and Multnomah St. Entrance is on the south end of the lot off of 7th. We can validate for only 1 hour of parking. There is also street parking available. Additional parking information and information on public transportation is available on our website at

<http://www.willamettehealthandwellness.com/hours-and-location>

What is the cost and can I use insurance?

Each weeks' class can be billed to your insurance. The out-of-pocket fee (if you don't use insurance) is \$100 per session. If you pay at the time of the class this can be reduced by 15%. We do have a policy for last minute cancellation or missing the group without notification (see Office Policies for these fees). **Joy Oelfke, LPC & Michael Brill, LPC, DBTC** are preferred providers with MODA Health, Blue Cross Blue Shield of Oregon including Bridgespan plans and Individual Select plans, Aetna, Pacific Source, First Choice Health Network. If you have other insurance you would like to use out-of-network, we can bill your insurance as a courtesy.

How do I register for one of the 9-week skills group sessions?

If you are a current WHW patient please contact our front desk. If you are new to WHW, you may call our offices at 503-729-1380, if you have additional questions, or you may go directly to our website and submit a "treatment request" form. In the "reason for referral" section of this form please type in "**ADULT DBT SKILLS GROUP.**"