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CHANGE

EMOTIONS



BEHAVIOR

THOUGHTS

ACCEPTANCE

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**Dialectical Behavior  
Therapy**

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# Dialectical Behavior Therapy Program at AICT



AICT offers Dialectical Behavior Therapy (DBT) skills training groups and individual DBT therapy. Clients can pursue both individual and group DBT at AICT. DBT skills training groups teach practical strategies to cope with emotions in a structured format. Skills training groups may be a helpful addition to individual therapy. Many clients describe DBT as teaching “life skills.”

## What is DBT?:

DBT was developed by Dr. Marsha Linehan, a psychologist and researcher, to treat problems in emotion regulation. DBT includes a simultaneous emphasis on acceptance and change. While DBT was originally created to treat individuals with Borderline Personality Disorder, it has since been found to be effective in treating a variety of other disorders including problems with substance use and eating disorders.



## Target Population:

This group is geared towards relatively high functioning individuals. Clients must be working, attending school, or volunteering in order to participate in the group.

## Individual DBT:

Individual DBT is an essential aspect of participation in a comprehensive DBT program. Therapists work collaboratively with you, tailoring treatment to your unique life circumstance. Therapy will address problems that interfere with your quality of life, help you take steps toward building a life you want to live, and promote self-acceptance. Sessions are generally once a week.

## Skills Training Groups:

AICT offers several weekly DBT skills training groups. The group meets for 90 minutes each week. It takes approximately 4 months to complete the program and the group is open. New members may join when new skills modules are introduced, approximately once each month. Many clients find it valuable to repeat the group after 4 month to continue to review and practice using skills. Clients are required to be in individual therapy in order to participate in the DBT group.

## College Students, and Young Adults

DBT group for college students and young adults who struggle with emotions and/or problem behaviors. The group meets Mondays from 7:00-8:30

## Adult DBT Group

There are DBT groups for adults of all ages. Enrollment is ongoing. The adult DBT group is on Thursdays 7-8:30

## Modules Skill Topics:

**Mindfulness:** A “core” DBT skill, mindfulness involves paying attention, in the moment, non- judgmentally to live your life in a deliberate manner.

**Emotion Regulation:** Learn the function of emotions and improve your ability to describe, change, and cope effectively, rather than let emotions control you.

**Distress Tolerance:** Manage crises without making your problems worse.

**Interpersonal Effectiveness:** Attend to your needs and improve relationships.