

## + OVERALL GOALS OF DBT

### Increase:

Ability to Identify/Regulate Emotions  
Conflict Resolution Skills  
Quality of Living  
Observation and Awareness Skills  
Capacity for Joy  
Ability to Accept & Tolerate Distress  
Appropriate Self-Care

### Decrease/Cease:

Suicidal Thoughts  
Intentional Self-Harm  
Emotional Dysregulation  
Chaotic Relationships  
Mindless Living  
Misery, Impulsivity, & Willfulness

### LOCATIONS:

We offer two convenient locations. Office in St. Louis Park, Northwest of the Hwy 394 and Hwy 100 intersection. And a second office in Chanhassen, south side of Highway 5 between Audubon Road and Coulter Boulevard.

715 Florida Avenue South, Ste. 307  
St. Louis Park, MN 55426

7975 Stone Creek Drive, Ste. 130  
Chanhassen, MN 55317



# Dialectical Behavior Therapy

DBT Skills Group | Individual DBT  
Coaching Calls | DBT Consultation

DBT Intensively Trained Facilitators

To make an appointment or get information about services, please call our office at 952-544-6806.

We will be more than happy to take the time to assess your needs and discuss your options within our clinic.

You may also inquire about services on our website at [www.choicespsychotherapy.net](http://www.choicespsychotherapy.net)

952-544-6806

Fax: 952-545-0098

[choicespsychotherapy.net](http://choicespsychotherapy.net)



Our logo, the Japanese symbol for choice, represents our respect and appreciation of all individuals and cultures.



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# Build a life worth living.

*Balance logic with feelings to improve coping skills and reduce ineffective behavior.*

DBT (Dialectical Behavior Therapy) was developed by Marsha Linehan, Ph.D. DBT focuses on balancing logic with feelings to improve coping skills and reduce ineffective behavior.

The general goals of DBT include improving relationships, decreasing anxiety and misery, and enhancing the quality of life or “build a life worth living.” DBT helps individuals find effective ways to manage problems. The group is both educational and interactive, while focusing on skills to be learned and developed over time.

Members learn the value of “Wise Mind” instead of succumbing to intense emotions and acting in destructive ways. DBT is not a “quick fix” and should be approached with willingness and a non-judgmental stance. Members are often in different places regarding knowledge and application of skills, therefore it is important to not engage in negative comparisons while in the program.

It often takes many months to incorporate the skills into daily life with consistency, although changes (coping more effectively) can also be noted within just a few months. A minimum commitment of one year is requested.

## + INSURANCE

Choices Psychotherapy is contracted with most insurance companies for the DBT program.

## + DBT GROUPS & LOCATION

Coed Day & Evening Groups  
Offered at St. Louis Park Location

## + THE CHOICES DBT PROGRAM

The Choices DBT Program is certified by the Minnesota Department of Human Services. Certification is based on adherence to the DBT model created by Marsha Linehan, PhD and includes the four components of individual DBT, DBT Skills Group, Coaching Calls and weekly DBT Consultation Team Meetings. The DBT Team members meet the criteria set forth by DHS to provide certified DBT Program services. All groups are for adults only.

## + DBT INCORPORATES 4 SKILL MODULES

### Core Mindfulness

Learning to stay in the moment, observe life around oneself, & use Wise Mind to do what is effective at any given time; full & effective participation.

### Interpersonal Effectiveness

Improving coping skills, learning assertiveness, determining values and priorities in relationships, how to increase the likelihood that needs/wants are met.

### Emotion Regulation

Learning to regulate emotions, name feelings, reduce avoidance & discover a variety of other emotions through emotional growth.

### Distress Tolerance

Developing new skills to soothe oneself & increase ability to tolerate distress effectively, while recognizing that stress/pain is an inevitable part of life.