+ 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

+ Contact us to find out if our DBT Program could work for you!

+ INSURANCE

Choices Psychotherapy is contracted with most insurance plans for DBT.

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

Choices Psychotherapy

LOCATIONS:

We have three convenient locations
Telehealth visits are available

10201 Wayzata Boulevard, Ste. 100
(Minnetonka Plaza)
Minnetonka, MN 55305

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

7901 Xerxes Avenue South, Ste. 225
(Xerxes Plaza)
Bloomington, MN 55431

952.544.6806

952-545-0098

choicespsychotherapy.net

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.

+ Outpatient Program

Dialectical Behavior Therapy

DBT Skills Group | Individual DBT Coaching Calls | DBT Consultation

DBT Trained Facilitators

選 Choices Psychotherapy

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.

+ DBT GROUPS & LOCATION

Coed Day & Evening Groups | Offered Virtually & In-Office

+ 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.

+ 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.