

+ OVERALL GOALS OF DBT

Increase Skills To:

- Identify Feelings
- Regulate Emotional Reactions
- Cope With Relationship Stress
- Resolve Conflict
- Develop Awareness
- Build Stability
- Tolerate Distress
- Balance Work & Life

Learn To Decrease:

- Destructive Thoughts
- Harmful Behavior
- Emotional Dysregulation
- Chaotic Relationships
- Impulsivity

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

+ INSURANCE

Choices Psychotherapy is contracted with most insurance companies for DBT.



LOCATIONS:

We have three convenient locations
Telehealth visits are available

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

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

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

☎ 952.544.6806

📠 952-545-0098

🏠 choicespsychotherapy.net



Young Adult

Dialectical Behavior Therapy

12-Week Accelerated Program

*DBT Skills Training Group | One On One DBT Therapy
Outside Session Coaching Calls
Intensively Trained DBT Facilitators*



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

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.





Build More Stability & Happiness

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, and focuses on learning and developing skills over time.

Members learn to access “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.

+ LAURA ANDERSON, MA, LPCC

Laura Anderson shares, “It is my passion to empower individuals to improve their overall physical, mental, emotional, and spiritual well-being. My goal is to meet people where they are and provide a non-judgmental, culturally sensitive and compassionate approach to everyone I encounter.” Laura has over 10 years of experience with Dialectical Behavior Therapy. Laura is all about teaching Interpersonal Effectiveness skills so you can reduce stress and increase joy in your connections with important people in your life.

+ LUCAS LUND, MS

Lucas Lund shares, “My approach to therapy is one that encompasses meeting you where you are, working towards the life that you would like to live. I approach from a non-judgmental stance and an openness to the way in which you experience life. As a Korean-American (adoptee) it is a joy to work with adoptees, immigrants and other BIPOC individuals who are struggling with what or how they “fit” within society. I have been working within a Dialectic Behavioral Therapy (DBT) theoretically orientation for the past five years.”

+ CHOICE'S YOUNG ADULT ACCELERATED DBT PROGRAM (12 WEEKS) FOR 18-26 YEAR OLDS

Are you a young adult who feels as though supportive therapy is just not enough?

Are you motivated to learn skills that will increase joy in your life?

The Choices Psychotherapy young adult program may be for you.

This program is fast-paced with clients in mind who:

- endorse being more emotionally sensitive
- experience daily challenges in school or employment
- experience struggles with familial relationships
- experience intense emotions that are difficult to control
- endorse having some behaviors that need to change

+ DBT INCORPORATES 4 SKILL MODULES

Core Mindfulness
Interpersonal Effectiveness
Emotion Regulation
Distress Tolerance