

DIALECTICAL BEHAVIOR THERAPY

Staff training in DBT

The Bert Nash Center DBT team received formal intensive DBT training with the founder of the program, Marsha Linehan, in 1999 and 2000. Since that time there have been two outcome studies conducted by clinical psychology doctoral students at University of Kansas (2002 Hong), (2007, Ritschel) that showed positive results for both the IOP and standard DBT programs. These findings included a significant decrease in psychiatric symptoms across a variety of diagnoses.

How much does the program cost?

The DBT program follows the same payment guidelines as any treatment in the Bert Nash Community Mental Health Center. It is subject to a sliding scale fee and is often covered through insurance. The best way for you to find out specific cost to you is to call our business office or ask your current clinician.

What should you do if you are interested in DBT?

If you are a current client and involved in another program, please ask your current provider about DBT. You can also call and ask to speak with the DBT team leader, Juliet Nelson PhD or to another member of the DBT team. The Bert Nash Center can be reached by calling 785-843-9192.

For referring physicians:

Diagnostic categories that are appropriate referrals for DBT include, but are not limited to: Borderline Personality Disorder, Severe and/or intractable mood disorders, Chronic Post Traumatic Stress Disorder, Oppositional Defiant Disorder or clients with acute or multiple diagnoses that are difficult to treat.



— Dialectical Behavior Therapy —

What is Dialectical Behavior Therapy?

Dialectical Behavior Therapy (DBT) is a comprehensive treatment for individuals who struggle with a variety of emotional and behavioral problems and feel out of control. Individuals with severe mood disorders, PTSD, anger issues, relationship problems, addictions or who have suicidal/self-harming behaviors may benefit from DBT.



Dr. Marsha Linehan and her colleagues at the University of Washington have developed DBT over the last 30 years. DBT is a Cognitive Behavior Therapy that has been shown to be effective as a mental health treatment in clinical trials. Studies show that DBT reduces high risk behaviors, anger, impulsivity and severe mood disorder symptoms. It has also been shown to decrease hospitalizations and increase overall functioning level and satisfaction in daily life.

DBT is a skills based program that replaces destructive behaviors with more effective responses (skills). DBT includes a combination of both individual and group therapy. Individual therapy sessions focus on individual issues of the client and skills training therapy groups focus on skills the client needs to learn to apply to those individual issues. Having both an individual and group process helps the client to integrate new skills into his/her life through practice in a supportive environment.

Who can benefit from DBT?

If you answer “Yes” to one of the following questions, you may want to explore DBT or encourage your friend or family member to do so.

- Do you feel emotional all the time?
- Do you feel you can't control your emotions?
- Are you a concerned friend or family member of someone who might need help managing their emotions?

What do individuals learn in DBT?

Individuals are taught more skillful ways to regulate their emotions, deal with stressful situations in their lives, and improve relationships with people around them. These skills are taught in a supportive environment that acknowledges each individual and the challenges they face. At the same time, DBT requires clients to work hard and look at themselves honestly in order to create real change in their lives. DBT groups teach the following skills:

- Core Mindfulness - being present and non-judgmentally aware in the moment
- Interpersonal Effectiveness - relating skillfully with others
- Emotion Regulation - learning to experience emotions in ways that allow us to choose how to respond more effectively
- Distress Tolerance - managing difficult feelings without acting impulsively

The term “dialectical” refers to an exercise where two opposing views are discussed until a ‘middle way’ is found. During DBT, the therapist accepts the client as she or he is and points to areas in need of change in order to have a life worth living. Clients can expect to have their beliefs, actions and emotions validated while also being challenged to change unhealthy or self-destructive patterns the client chooses to work on.

How long does the program take?

Standard DBT lasts for approximately one year or as long as it takes for the client to learn and implement DBT skills, increase mental health stability and decrease behaviors that are inconsistent with a life worth living.

Some clients may take more time in DBT depending on the level of severity or current acute stress they are experiencing. Treatment outcomes and length depend on a variety of issues but will be monitored and reviewed with the client at least every 90 days.

We are committed to effective and efficient treatment. Clients who do not show some progress in treatment after a reasonable period of time are assisted in finding alternative treatment.

There are two levels of DBT available at Bert Nash.

1. Short term/crisis stabilization: Intensive Outpatient Program (IOP)
 - Daily groups (total of 15 hours per week)
 - Monday through Friday 9am to 12 noon
 - Individual therapy weekly or as needed
 - Medication management
 - Phone coaching
 - Crisis and after hours services as needed
2. Outpatient DBT: ongoing, committed therapy
 - DBT skills group (1 time weekly for 2 hours)
 - Individual therapy
 - Phone coaching
 - Medication management
 - Case management or crisis services as needed

“When a person feels that they are coming apart, DBT training helps them pull themselves back together.”

- WILLIAM HALE, M.D.

A stylized, handwritten signature in blue ink that reads "Bert Nash". The signature is fluid and cursive, with a long, sweeping underline.