



**ADDITIONAL COMPASS HEALTH  
SERVICES CAN BE FOUND ONLINE  
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- To meet our providers, click on About Us and Our Providers
- Adult/Adolescent CPR-Community Support
- Adult/Adolescent Substance Abuse Counseling—Inpatient and Outpatient
- School-based prevention services
- Mental health therapy



INSPIRE HOPE. PROMOTE WELLNESS.

**REFERRAL TO COMPASS HEALTH:  
(888) 403-1071**



**844.853.8937**  
**[compasshealthnetwork.org](https://compasshealthnetwork.org)**



**DBT**  
Dialectical  
Behavior  
Therapy





## WHAT IS DBT?

*Dialectical Behavior Therapy (DBT) is a form of cognitive behavioral therapy developed by Dr. Marsha Linehan to help stabilize clients who experience dysregulated moods, have frequent crises, and have developed chronic mental health symptoms.*

Often, these combinations of crises and symptoms lead to self harm, hospitalizations, and unsuccessful treatments.

The comprehensive Adult DBT program offered by Compass Health provides skills training in:

- Core Mindfulness
- Distress Tolerance
- Emotion regulation
- Interpersonal Effectiveness
- Walking the Middle Path

The treatment program includes:

- DBT Skills Training Classes
- DBT Individual Therapy
- Telephone coaching
- Family Therapy Sessions as needed

The program is a minimum of a year commitment with the client attending weekly individual therapy sessions, and weekly skills training classes.

## STRONG RESEARCH & EVIDENCE BASED

Dr. Linehan's research demonstrates that clients who participate in DBT experience a significant reduction in hospitalizations, self-injurious behavior, substance use, trauma-related symptoms, anxiety and depression, along with overall improvement in quality of life.

DBT treatment principles combine cognitive behavioral therapy with eastern philosophical approaches, especially the mindfulness part of the treatment and skills training.

## ADULT DBT IS FOR INDIVIDUALS WHO:

1. Are over the age of 18
2. Need skills to manage emotions (e.g., frequent fights with family or peers, self-harm behaviors, suicidal thoughts or gestures, occasional drug use, minor law violations or frequent depressive episodes.
3. Are willing to attend individual therapy and skills training classes on a weekly basis.
4. May have a history of being unresponsive to past treatments.